

Group Exercise Timetable

Mountfitchet Romeera Leisure Centre

Accurate as of 02/05/2024

Times for Friday 19 April			
Time	Session	Facility	Type
9:30 am - 10:15 am	Body Attack	Studio	Aerobic
10:15 am - 11:00 am	Body Pump	Studio	Body Conditioning
11:00 am - 12:00 pm	Pilates	Studio	Calm