

Group Exercise Timetable

Mountfitchet Romeera Leisure Centre

Accurate as of 17/05/2024

Times for Saturday 20 April			
Time	Session	Facility	Type
8:00 am - 9:00 am	Circuits	Sports Hall	Aerobic
9:30 am - 10:30 am	Yoga (mixed)	Studio	Calm
10:30 am - 11:30 am	Zumba	Studio	Aerobic