## **Group Exercise Timetable** Mountfitchet Romeera Leisure Centre

## Accurate as of 17/05/2024

Times for Sunday 21 April				<b>(</b> )
Time	Session	Facility	Туре	
9:00 am - 10:00 am	Body Pump	Studio	Body Conditioning	
10:15 am - 11:00 am	Group Cycle	Studio	Aerobic	