

Group Exercise Timetable

Mountfitchet Romeera Leisure Centre

Accurate as of 03/05/2024

Times for Monday 22 April



Time	Session	Facility	Type
9:30 am - 10:30 am	Body Pump	Studio	Body Conditioning
10:30 am - 11:30 am	Body Balance	Studio	Calm
7:00 pm - 8:00 pm	Circuits	Sports Hall	Aerobic
7:30 pm - 9:15 pm	Bounce* (external)	Studio	Aerobic