

Group Exercise Timetable

Mountfitchet Romeera Leisure Centre

Accurate as of 03/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Type
6:30 am - 7:00 am	Cardio	Gym	Cardio
9:30 am - 10:30 am	Body Conditioning / LBT	Studio	Body Conditioning
10:30 am - 11:15 am	Zumba	Gym	Aerobic
5:30 pm - 6:30 pm	Body Attack	Studio	Aerobic
6:30 pm - 7:30 pm	Body Balance	Studio	Calm
7:30 pm - 8:15 pm	Group Cycle	Studio	Aerobic