

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 25/04/2024

Times for Tuesday 22 September



Time	Session	Facility	Type
10:30 - 11:15	Body Conditioning	Studio	Conditioning
11:30 - 11:50	Fab Abs*	Gym	Conditioning
13:00 - 13:25	HIIT*	Gym	Cardio
17:20 - 17:40	Fab Abs*	Gym	Conditioning
17:45 - 18:30	Cycle Fit	Studio	Cardio
19:35 - 20:20	Zumba®	Studio	Dance