## **Group Exercise Timetable Stantonbury Leisure Centre**

Accurate as of 10/05/2024

| Times for Tuesday 15 June |                   |          |              |
|---------------------------|-------------------|----------|--------------|
| Time                      | Session           | Facility | Туре         |
| 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        |