

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 06/05/2024

Times for Wednesday 23 June



Time	Session	Facility	Type
09:30 - 10:15	Zumba® Gold	Studio	Dance
17:45 - 18:05	Fab Abs*	Gym	Conditioning
19:00 - 19:45	Boxercise	Studio	Cardio