Group Exercise Timetable Stantonbury Leisure Centre

Accurate as of 27/04/2024

Times for Thursday 28 March			
Time	Session	Facility	Туре
10:00 - 10:20	Circuits* (Cancelled)	Gym	Cardio
10:45 - 11:20	Sit 'n' Fit (Cancelled)	Studio	Conditioning
13:00 - 13:25	HIIT* (Cancelled)	Gym	Cardio
17:30 - 17:50	Fab Abs*	Gym	Conditioning
17:55 - 18:20	Kettlebells*	Gym	Conditioning
18:15 - 19:00	Yoga	Studio	Holistic
18:25 - 19:10	Boxing Circuits	Gym	Cardio
19:15 - 20:00	Zumba®	Studio	Dance