

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 08/05/2024

Times for Monday 1 April				
Time	Session	Facility	Type	
10:30 - 11:15	Cycle Fit	Studio	Cardio	
11:30 - 12:15	Pilates	Studio	Holistic	
12:30 - 12:50	Power Up*	Gym	Conditioning	
17:15 - 18:00	Body Split	Studio	Conditioning	
18:10 - 18:55	LBT (Cancelled)	Studio	Conditioning	
19:00 - 19:45	Pilates	Studio	Holistic	
19:10 - 19:35	Boot Camp* (Cancelled)	Gym	Conditioning	