

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 28/04/2024

### Times for Wednesday 3 April



Time	Session	Facility	Type
09:30 - 10:15	Zumba® Gold	Studio	Dance
11:45 - 12:10	Body Blast*	Gym	Conditioning
17:15 - 18:00	Cycle Fit	Studio	Cardio
17:45 - 18:05	Fab Abs*	Gym	Conditioning
18:10 - 18:55	Pump & Tone	Studio	Conditioning
19:00 - 19:45	Boxercise	Studio	Cardio