

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 13/05/2026

Times for Monday 13 April



Time	Session	Facility	Instructor	Type
10:45 - 11:30	Cycle Fit	Studio	Karren	Cardio
11:30 - 12:15	Pilates	Studio	Paula	Holistic
12:30 - 12:50	Power Up* (Cancelled)	Gym		Conditioning
17:15 - 18:00	Body Split	Studio	Paula	Conditioning
18:10 - 18:55	LBT	Studio	Livvy	Conditioning
19:00 - 19:45	Yoga	Studio	Karthik	Holistic
20:30 - 21:15	Aqua Aerobics	Main Pool		Aqua