

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 30/04/2026

Times for Saturday 18 April



Time	Session	Facility	Instructor	Type
09:00 - 09:45	Cycle Fit (Cancelled)	Studio	Karren	Cardio
09:55 - 10:15	Fab Abs* (Cancelled)	Gym		Conditioning
10:00 - 11:00	Tai Chi	Studio	Clive	Holistic