

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 26/05/2026

Times for Thursday 21 May



Time	Session	Facility	Instructor	Type
10:00 - 10:20	Circuits*	Gym		Cardio
10:45 - 11:20	Sit 'n' Fit	Studio		Conditioning
13:00 - 13:25	HIIT*	Gym		Cardio
17:30 - 17:50	Fab Abs*	Gym		Conditioning
17:55 - 18:20	Kettlebells*	Gym		Conditioning
18:15 - 19:00	Yoga	Studio	Esther	Holistic
18:25 - 19:10	Boxing Circuits	Gym	Connor	Cardio
19:15 - 20:00	Zumba®	Studio	Livvy	Dance