

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 13/07/2026

| Times for Monday 13 July |               |           |            |              |
|--------------------------|---------------|-----------|------------|--------------|
| Time                     | Session       | Facility  | Instructor | Type         |
| 10:45 - 11:30            | Cycle Fit     | Studio    | Karren     | Cardio       |
| 11:30 - 12:15            | Pilates       | Studio    | Paula      | Holistic     |
| 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         |