

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 13/07/2026

Times for Wednesday 15 July				
Time	Session	Facility	Instructor	Type
09:30 - 10:15	Zumba® Gold	Studio	Jane	Dance
10:30 - 11:15	Yoga	Studio	Ali	Holistic
17:15 - 18:00	Pump & Tone	Studio	Vicky	Conditioning
18:10 - 18:55	Cycle Fit	Studio		Cardio
19:00 - 19:45	Boxercise (Cancelled)	Studio	Connor	Cardio