

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 30/09/2026

Times for Thursday 1 October					
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	