

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 30/09/2026

Times for Friday 2 October				
Time	Session	Facility	Instructor	Type
09:15 - 10:00	Aqua Aerobics	Main Pool	Esther	Aqua
10:15 - 11:00	Yoga	Studio	Jo	Holistic
11:15 - 12:00	Zumba® Gold	Studio	Esther	Dance
17:30 - 17:55	Boot Camp*	Gym		Conditioning
18:05 - 18:50	Zumba®	Studio	Michelle	Dance
19:00 - 19:45	Yoga	Studio		Holistic