

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 30/09/2026

Times for Saturday 3 October				
Time	Session	Facility	Instructor	Type
09:00 - 09:45	Cycle Fit	Studio	Karren	Cardio
09:55 - 10:15	Fab Abs*	Gym		Conditioning
10:00 - 11:00	Tai Chi	Studio	Clive	Holistic