

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 30/09/2026

Times for Tuesday 6 October					
Time	Session	Facility	Instructor	Type	
10:30 - 11:15	Body Conditioning	Studio	Paula	Conditioning	
17:20 - 17:40	Fab Abs*	Gym		Conditioning	
17:45 - 18:30	Cycle Fit	Studio	Karren	Cardio	
18:40 - 19:25	Yoga	Studio	Jo	Holistic	
19:35 - 20:20	Zumba®	Studio	Rhi	Dance	