

Group Exercise Classes

Standish Leisure Centre

Accurate as of 19/05/2024

Times for Monday 6 May



Time	Session	Facility
09:00 - 09:30	Fast 30	Gym
09:30 - 10:15	RPM	Studio 1
10:30 - 11:15	Dance Fitness	Studio 1
12:00 - 12:30	RPM - Virtual	Studio 1
14:15 - 15:00	Sh'bam - Virtual	Studio 1