

Group Exercise Classes

Standish Leisure Centre

Accurate as of 19/05/2024

Times for Tuesday 7 May



Time	Session	Facility
06:45 - 07:15	Sprint - Virtual	Studio 1
06:45 - 07:15	Fast 30	Gym
07:45 - 08:30	Body Combat - Virtual	Studio 1
09:45 - 10:30	Body Pump	Studio 1
10:45 - 11:45	Yoga	Studio 1
12:00 - 12:45	Body Pump - Virtual	Studio 1
17:30 - 18:15	Body Pump	Studio 1
18:30 - 19:15	Legs, Bums & Tums	Studio 1
19:30 - 20:15	Circuits	Studio 1
20:30 - 21:00	Grit Strength - Virtual	Studio 1