

Group Exercise Classes

Standish Leisure Centre

Accurate as of 19/05/2024

Times for Wednesday 8 May



Time	Session	Facility
06:45 - 07:15	RPM - Virtual	Studio 1
06:45 - 07:15	Fast 30	Gym
07:30 - 08:00	Body Combat - Virtual	Studio 1
08:15 - 09:00	Body Pump - Virtual	Studio 1
09:15 - 10:00	Tai Chi	Studio 1
10:00 - 10:45	Low Circuit	Gym
13:45 - 14:30	Body Attack - Virtual	Studio 1
17:15 - 18:00	Let's Get Movin' (11-15 yrs)	Studio 1
17:30 - 18:00	Fast 30	Gym
18:05 - 19:05	Body Pump	Studio 1
19:15 - 20:00	RPM	Studio 1
20:15 - 20:45	Les Mills Core - Virtual	Studio 1