

# Group Exercise Classes

## The Pemberton Centre

Accurate as of 17/05/2025

### Times for Thursday 29 July



Time	Session	Facility	Level
9:30 am - 10:15 am	Spinning®	Group Cycling Studio	
9:30 am - 10:30 am	Body Balance	studio 1	
10:30 am - 11:15 am	Express Body Combat	studio 1	
12:00 pm - 1:00 pm	Tai Chi	studio 1	
6:30 pm - 7:30 pm	Body Balance	studio 1	