# Group Exercise Classes

## The Pemberton Centre

**Accurate as of 23/04/2024**

### 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 | Body Combat | studio 1 | |
| 12:00 pm - 1:00 pm | Tai Chi | studio 1 | |
| 6:30 pm - 7:30 pm | Body Balance | studio 1 | |