

Group Exercise Classes

The Pemberton Centre

Accurate as of 09/05/2024

Times for Tuesday 3 August			
Time	Session	Facility	Level
9:30 am - 10:30 am	Body Balance	studio 1	
1:00 pm - 2:00 pm	Chair Based Fitness	studio 1	
6:00 pm - 7:00 pm	HIIT	studio 1	
7:00 pm - 8:00 pm	Body Pump	studio 1	
8:00 pm - 8:30 pm	GRIT Strength	studio 1	