

Group Exercise Classes

The Pemberton Centre

Accurate as of 14/05/2024

| Times for Sunday 8 August | | | |
|---------------------------|---------------|----------|-------|
| Time | Session | Facility | Level |
| 9:30 am - 10:00 am | GRIT Strength | studio 1 | |
| 10:00 am - 11:00 am | Freedom Pump | studio 1 | |