

Group Exercise Classes

The Pemberton Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
9:15 am - 9:45 am	Metafit	studio 1	
9:15 am - 9:45 am	Ignite Conditioning	Studio 3	
9:45 am - 10:30 am	Total Body Workout	studio 1	
10:30 am - 11:30 am	Pilates	studio 1	
12:00 pm - 1:00 pm	Chair Based Fitness	studio 1	
1:00 pm - 2:00 pm	Chair Based Fitness	studio 1	
6:00 pm - 7:00 pm	Body Combat	studio 1	
6:30 pm - 7:00 pm	GRIT Cardio	Studio 3	
7:00 pm - 8:00 pm	Freedom Pump	studio 1	
7:00 pm - 8:00 pm	Body Balance	Studio 3	
8:00 pm - 9:00 pm	GRIT Series	studio 1	
8:00 pm - 9:00 pm	Body Balance	Studio 3	