

Group Exercise Classes

The Pemberton Centre

Accurate as of 19/05/2024

Times for Thursday 25 April



Time	Session	Facility	Level
9:15 am - 10:00 am	Freedom Circuits	Studio 3	
9:30 am - 10:15 am	Spinning ®	Group Cycling Studio	
9:30 am - 10:30 am	Body Balance	studio 1	
10:00 am - 10:30 am	Stretch & Tone	Studio 3	
10:30 am - 11:15 am	Body Combat	studio 1	
11:15 am - 11:45 am	Body Pump	studio 1	
12:00 pm - 1:00 pm	Tai Chi	studio 1	
6:30 pm - 7:30 pm	Body Balance	studio 1	
7:30 pm - 8:00 pm	Body Pump	studio 1	