

# Group Exercise Classes

## The Pemberton Centre

Accurate as of 05/05/2024

Times for Friday 26 April			
Time	Session	Facility	Level
7:00 am - 7:30 am	Spinning ®	Group Cycling Studio	
8:00 am - 8:45 am	Fire	studio 1	
8:45 am - 9:30 am	Stretch & Balance Flow	studio 1	
9:15 am - 10:00 am	Ignite Conditioning	Studio 3	
9:30 am - 10:30 am	Dance Fit	studio 1	
10:00 am - 10:45 am	Spinning ®	Group Cycling Studio	
10:30 am - 11:30 am	Body Balance	studio 1	
1:30 pm - 2:00 pm	Chair Based Fitness	studio 1	
2:00 pm - 3:00 pm	Chair Based Fitness	studio 1	
6:00 pm - 6:45 pm	Body Pump	studio 1	