

# Group Exercise Classes

## The Pemberton Centre

Accurate as of 18/05/2024

Times for Tuesday 30 April			
Time	Session	Facility	Level
7:00 am - 7:30 am	Spinning ®	Group Cycling Studio	
9:30 am - 10:30 am	Body Balance	studio 1	
9:45 am - 10:45 am	Ignite Move	Studio 3	
10:30 am - 11:15 am	Total Body Workout	studio 1	
1:00 pm - 2:00 pm	Chair Based Fitness	studio 1	
2:00 pm - 3:00 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	
7:45 pm - 8:45 pm	Dance Fit	studio 2	
8:00 pm - 8:30 pm	GRIT Strength	studio 1	