

Group Exercise Classes

The Pemberton Centre

Accurate as of 18/05/2024

Times for Wednesday 1 May			
Time	Session	Facility	Level
9:30 am - 10:30 am	20,20,20	studio 1	
10:30 am - 11:30 am	Body Pump	studio 1	
5:30 pm - 6:30 pm	Body Pump	studio 1	
6:30 pm - 7:15 pm	RPM	Group Cycling Studio	
7:20 pm - 8:20 pm	Legs, Bums & Tums	studio 1	