Group fitness timetable Phoenix Pool & Gym

Accurate as of 08/05/2024

Times for Monday 27 June				©
Time	Session	Facility	Level	
9:15 am - 10:15 am	Yoga	studio		
10:30 am - 11:15 am	Combat	studio		
11:30 am - 12:15 pm	Pump (toning)	studio		
5:30 pm - 6:15 pm	Zumba	studio		
6:30 pm - 7:15 pm	L1FT	studio		
7:30 pm - 8:15 pm	Aquacise	pool		