

Group fitness timetable

Phoenix Pool & Gym

Accurate as of 25/04/2024

Times for Tuesday 28 June



Time	Session	Facility	Level
9:30 am - 10:15 am	Full Body Sculpt	studio	
10:30 am - 11:15 am	Hoop Fitness	studio	
6:00 pm - 6:45 pm	Pilates	studio	