


Group fitness timetable

Phoenix Pool & Gym

Accurate as of 05/05/2024

Times for Thursday 30 June				
Time	Session	Facility	Level	
9:30 am - 10:15 am	Full Body Sculpt	studio		
10:30 am - 11:15 am	Pilates	studio		
5:30 pm - 6:15 pm	Re-Groove (Dance class)	studio		
6:30 pm - 7:15 pm	Stretch and Tone	studio		
7:30 pm - 8:15 pm	Aquacise	pool		