

Group fitness timetable

Phoenix Pool & Gym

Accurate as of 29/04/2024

Times for Friday 1 July			
Time	Session	Facility	Level
8:30 am - 9:15 am	Aquacise	pool	
8:30 am - 9:15 am	Legs, Bums & Tums	studio	
9:30 am - 10:15 am	Step and Tone	studio	