

# Group fitness timetable

## Phoenix Pool & Gym

Accurate as of 02/05/2024

### Times for Thursday 18 April



Time	Session	Facility	Level
9:30 am - 10:15 am	Full Body Sculpt	studio	
10:30 am - 11:15 am	Pilates	studio	
10:30 am - 11:15 am	Gym Based Circuits	gym floor	
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	