

Group fitness timetable

Phoenix Pool & Gym

Accurate as of 02/05/2024

Times for Friday 19 April



Time	Session	Facility	Level
6:45 am - 7:30 am	Cycle Fit	studio	
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	
10:15 am - 11:15 am	Stretch and Tone	studio	
11:30 am - 12:15 pm	L1FT	studio	