

Group fitness timetable

Phoenix Pool & Gym

Accurate as of 21/05/2024

Times for Monday 22 April

Time	Session	Facility	Level
6:45 am - 7:30 am	Cycle Fit	studio	
9:15 am - 10:15 am	Yoga	studio	
10:30 am - 11:15 am	Combat	studio	
10:30 am - 11:15 am	Gym Based Circuits	gym floor	
11:30 am - 12:15 pm	Pump (toning)	studio	
5:30 pm - 6:15 pm	Zumba	studio	
6:30 pm - 7:15 pm	L1FT	studio	
7:30 pm - 8:15 pm	Aquacise	pool	