

Group fitness timetable

Phoenix Pool & Gym

Accurate as of 02/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Level
8:30 am - 9:15 am	Aquacise	pool	
9:30 am - 10:15 am	Full Body Sculpt	studio	
10:30 am - 11:15 am	Hoop Fitness	studio	
10:30 am - 11:15 am	Weights For Women	gym floor	
5:00 pm - 5:45 pm	Legs, Bums & Tums	studio	
6:00 pm - 6:45 pm	Pilates	studio	
7:30 pm - 8:15 pm	Aquacise	pool	