

Group fitness timetable

Phoenix Pool & Gym

Accurate as of 21/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Level
8:30 am - 9:15 am	Pilates	studio	
9:30 am - 10:30 am	Yoga	studio	
10:30 am - 11:15 am	Weights For Women	gym floor	
5:15 pm - 6:15 pm	Yoga	studio	
6:30 pm - 7:15 pm	Boxing Fitness	studio	