

Plymouth Life Centre Group Exercise Timetable

Plymouth Life Centre

Accurate as of 24/04/2024

Times for Friday 7 October



Time	Session	Type
07:00 - 07:45	Total Toning	Toning & Strength
08:30 - 09:15	Pilates	Toning & Strength
09:15 - 10:00	Group Cycling	Calorie Killers
09:30 - 10:15	BodyPump	Toning & Strength
10:30 - 11:15	Total Toning	Toning & Strength
13:30 - 14:15	Gentle Yoga	Unwind & Re-energise
17:00 - 17:45	Pilates	Toning & Strength
18:00 - 18:45	Group Cycling	Calorie Killers