

# Plymouth Life Centre Group Exercise Timetable

## Plymouth Life Centre

Accurate as of 27/04/2024

### Times for Saturday 8 October



Time	Session	Type
08:00 - 08:45	Group Cycling	Calorie Killers
08:00 - 08:45	BodyCombat	Calorie Killers
09:00 - 09:45	Group Cycling	Calorie Killers
09:05 - 09:50	SH BAM™	Toning & Strength
10:00 - 10:45	Body Conditioning	Toning & Strength
10:15 - 11:00	BodyPump	Toning & Strength