

# Plymouth Life Centre Group Exercise Timetable

## Plymouth Life Centre

Accurate as of 25/04/2024

### Times for Sunday 9 October



Time	Session	Type
08:00 - 08:45	Group Cycling	Calorie Killers
08:45 - 09:30	BodyPump	Toning & Strength
10:00 - 10:45	Yoga	Unwind & Re-energise