

Plymouth Life Centre Group Exercise Timetable

Plymouth Life Centre

Accurate as of 24/04/2024

Times for Monday 4 March



Time	Session	Type
06:30 - 07:15	Group Cycling	Calorie Killers
08:15 - 09:00	Pilates	Toning & Strength
09:15 - 10:00	Group Cycling	Calorie Killers
09:30 - 10:15	BodyCombat	Calorie Killers
10:00 - 11:00	PAYG Badminton	Group Exercise
10:35 - 11:20	Body Conditioning	Toning & Strength
11:30 - 12:15	Yoga	Unwind & Re-energise
17:10 - 17:55	SH BAM™	Toning & Strength
17:30 - 18:15	Group Cycling	Calorie Killers
18:00 - 18:45	BodyCombat	Calorie Killers
19:00 - 19:45	BodyPump	Toning & Strength
20:15 - 21:00	Yoga	Unwind & Re-energise