

# Plymouth Life Centre Group Exercise Timetable

## Plymouth Life Centre

Accurate as of 23/04/2024

### Times for Tuesday 23 April



Time	Session	Type
07:00 - 07:45	Circuits	Calorie Killers
09:10 - 09:55	Group Cycling	Calorie Killers
09:30 - 10:15	BodyPump	Toning & Strength
10:45 - 11:30	SH BAM™	Toning & Strength
11:50 - 12:35	Yoga	Unwind & Re-energise
16:30 - 17:15	Tai Chi	Unwind & Re-energise
18:00 - 18:45	Group Cycling	Calorie Killers
18:30 - 19:15	Circuits	Calorie Killers
19:00 - 19:45	Pilates	Toning & Strength