

Plymouth Life Centre Group Exercise Timetable

Plymouth Life Centre

Accurate as of 04/05/2024

Times for Wednesday 24 April



Time	Session	Type
06:30 - 07:15	Group Cycling	Calorie Killers
09:30 - 10:15	SH BAM™	Toning & Strength
10:30 - 11:15	HIIT	Calorie Killers
10:30 - 11:30	Gentle Cycle	Calorie Killers
11:00 - 11:45	Pilates	Toning & Strength
12:30 - 13:15	Pure Stretch	Unwind & Re-energise
13:30 - 14:15	Seated Stretch	Unwind & Re-energise
16:30 - 17:15	Tai Chi	Unwind & Re-energise
18:00 - 18:45	Group Cycling	Calorie Killers
18:00 - 18:45	BodyPump	Toning & Strength
19:00 - 19:45	Group Cycling	Calorie Killers
20:15 - 21:00	Yoga	Unwind & Re-energise