

# Plymouth Life Centre Group Exercise Timetable

## Plymouth Life Centre

Accurate as of 04/05/2024

### Times for Thursday 25 April



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