

Sport & Fitness Centre - City Gym

Group Exercise Timetable

From July 14 2025

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	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	Strength Romy	Circuit	Strength		
7.30am	Circuit Romy		Circuit Clinton		Enduro Romy
12.00pm	Butts Abs Thighs Erin	Strength Clinton	Pump Erin	Strength Otto	Circuit Alondra
12.30pm	Enduro Alondra	Abs XP Clinton		Butts Abs Thighs	Abs XP Alondra
4.30pm	Abs XP		Abs XP Fawaz		
5.10pm	Circuit	Pump Manny	Strength Fawaz	Pump Manny	Strength