

# Group Fitness

## Barony Sports Complex

Accurate as of 11/05/2024

### Times for Wednesday 27 March



| Time          | Session                         | Facility | Type    |
|---------------|---------------------------------|----------|---------|
| 12:30 - 13:15 | Les Mills Bodybalance Virtual   | Studio   | Fitness |
| 17:30 - 18:00 | Les Mills Grit Cardio Virtual   | Studio   | Fitness |
| 18:30 - 19:15 | Les Mills Bodypump Virtual      | Studio   | Fitness |
| 19:30 - 20:15 | Les Mills Body Combat Virtual   | Studio   | Fitness |
| 20:30 - 21:00 | Les Mills Grit Strength Virtual | Studio   | Fitness |