

# Group Fitness

## Barony Sports Complex

Accurate as of 30/04/2024

### Times for Friday 29 March



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