

# Group Fitness

## Barony Sports Complex

Accurate as of 29/04/2024

### Times for Saturday 30 March



Time	Session	Facility	Type
09:30 - 10:00	Les Mills CX Worx Virtual	Studio	Fitness
10:30 - 11:15	Les Mills Bodypump Virtual	Studio	Fitness
13:30 - 14:15	Les Mills Bodybalance Virtual	Studio	Fitness