

Group Fitness

Barony Sports Complex

Accurate as of 28/04/2024

Times for Sunday 31 March



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