## **Group Fitness**Barony Sports Complex

## Accurate as of 10/05/2024

Times for Sunday 31 March			
Time	Session	Facility	Туре
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