

# Group Fitness

## Barony Sports Complex

Accurate as of 28/04/2024

### Times for Monday 1 April



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