

Group Fitness

Barony Sports Complex

Accurate as of 28/04/2024

Times for Tuesday 2 April



Time	Session	Facility	Type
12:30 - 13:00	Les Mills Grit Cardio Virtual	Studio	Fitness
17:30 - 18:15	Les Mills Body Combat Virtual	Studio	Fitness
17:30 - 18:15	HIIT	Outdoor Tennis Court (2067)	Fitness
18:30 - 19:00	Les Mills Grit Strength Virtual	Studio	Fitness
18:30 - 19:15	Body Combat	Outdoor Tennis Court (2067)	Fitness
19:30 - 20:15	Les Mills Bodybalance Virtual	Studio	Fitness
20:30 - 21:00	Les Mills CX Worx Virtual	Studio	Fitness