## **Group Fitness**Barony Sports Complex

## Accurate as of 20/05/2024

Times for Saturday 6 April			
Time	Session	Facility	Туре
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