

# Group Fitness

## Barony Sports Complex

Accurate as of 11/05/2024

### Times for Saturday 6 April



| Time          | Session                       | Facility | Type    |
|---------------|-------------------------------|----------|---------|
| 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 |