

# Group Fitness

## Barony Sports Complex

Accurate as of 11/05/2024

### Times for Sunday 7 April



Time	Session	Facility	Type
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