

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 13/05/2024

| Times for Sunday 24 February | | | | |
|------------------------------|---------------------|--------------------|--------------------|-------|
| Time | Session | Facility | Instructor | Level |
| 08:15 - 08:45 | Group Cycle Virtual | Group Cycle Studio | Virtual | All |
| 09:00 - 09:30 | H.I.T.T 360 | Ground Floor Gym | Fitness Instructor | All |
| 09:30 - 10:15 | LesMills BODYCOMBAT | Studio 2 | Gosia | All |
| 10:00 - 11:00 | Group Cycle | Group Cycle Studio | Virtual | All |
| 10:30 - 11:00 | Functional 360 | Gym | Fitness Instructor | All |
| 10:30 - 11:30 | Vinyasa Flow Yoga | Studio 2 | Angela | All |
| 15:00 - 15:40 | Abs Blast | Ground Floor Gym | Fitness Instructor | All |