

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 04/05/2024

### Times for Thursday 16 May



| Time          | Session                  | Facility           | Instructor         | Level |
|---------------|--------------------------|--------------------|--------------------|-------|
| 06:40 - 07:10 | Group Cycle Virtual      | Group Cycle Studio | Virtual            | All   |
| 09:30 - 10:00 | LBT 360                  | Ground Floor Gym   | Fitness Instructor | All   |
| 09:30 - 10:30 | Boxercise                | Studio 1           | Mary               | All   |
| 10:15 - 11:15 | Vinyasa Flow Yoga        | Studio 2           | Rosemarie          | All   |
| 10:30 - 11:30 | HIIT                     | Studio 1           | Fitness Instructor | All   |
| 10:30 - 11:30 | Group Cycle - Women Only | Group Cycle Studio | Virtual            | All   |
| 12:00 - 13:00 | Yoga 50+                 | Studio 2           | Yasmin C           | 50+   |
| 12:10 - 12:40 | Circuits 360             | Ground Floor Gym   | Fitness Instructor | All   |
| 12:10 - 12:40 | Group Cycle Virtual      | Group Cycle Studio | Virtual            | All   |
| 14:00 - 14:30 | Group Cycle - Women Only | Group Cycle Studio | Virtual            | All   |
| 18:00 - 18:30 | H.I.T.T 360              | Ground Floor Gym   | Fitness Instructor | All   |
| 18:15 - 19:00 | LesMills BODYCOMBAT      | Studio 2           | Gosia              | All   |
| 18:30 - 19:00 | Total Body 360           | Ground Floor Gym   | Fitness Instructor | All   |
| 18:30 - 19:30 | Zumba Step               | Studio 1           | Pachelle           | All   |
| 20:00 - 21:00 | Vinyasa Flow Yoga        | Studio 2           | Kim Marie D        | All   |