

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 19 July



Time	Session	Facility	Instructor	Level
06:40 - 07:10	Group Cycle Virtual	Group Cycle Studio	Virtual	All
08:15 - 08:45	Group Cycle Virtual	Group Cycle Studio	Virtual	All
09:30 - 10:00	Core 360	Gym	Fitness Instructor	All
09:30 - 10:15	LesMills BODYATTACK	Studio 1	Melissa O	All
10:30 - 11:15	LesMills BODYPUMP	Studio 1	Tason	All
10:30 - 11:30	Group Cycle Virtual	Group Cycle Studio	Virtual	All
12:00 - 13:00	Yoga	Studio 2	Yasmin C	All
12:10 - 12:40	Group Cycle Virtual	Group Cycle Studio	Virtual	All
14:00 - 14:30	Group Cycle Virtual	Group Cycle Studio	Virtual	All
16:30 - 17:15	YoungGen	Ground Floor Gym	Fitness Instructor	
18:00 - 18:30	H.I.T.T 360	Gym	Fitness Instructor	All
18:00 - 18:45	LesMills BODYPUMP	Studio 1	Lazuria	All
18:00 - 18:45	Women only Bhangra	Studio 2	Naila	All
19:00 - 19:45	Group Cycle	Group Cycle Studio	Lazuria	All
19:05 - 20:05	Pilates	Studio 2	Vilma	All
19:30 - 20:10	Total Body - Female Only	Ground Floor Gym	Fitness Instructor	All