

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 20 July



Time	Session	Facility	Instructor	Level
08:15 - 09:00	Group Cycle Virtual	Group Cycle Studio	Virtual	All
09:00 - 09:30	Circuits 360	Ground Floor Gym	Fitness Instructor	All
09:15 - 10:15	LesMills BODYATTACK	Studio 1	Amy A	All
09:30 - 10:15	Group Cycle	Group Cycle Studio	Sigrid	All
09:30 - 10:30	LesMills BODYBALANCE	Studio 2	Jackee	All
10:30 - 11:00	Core 360	Ground Floor Gym	Fitness Instructor	All
10:30 - 11:30	LesMills BODYPUMP	Studio 1	Amy A	All
11:30 - 12:30	Zumba	Studio 2	Humara Q	All
15:00 - 15:40	Met - Con	Ground Floor Gym	Fitness Instructor	All