

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 20/04/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor	Level
06:40 - 07:10	Group Cycle Virtual	Group Cycle Studio	Virtual	All
07:00 - 08:00	Aquafit	Teaching Pool	Naila	All
09:30 - 10:00	LBT 360	Ground Floor Gym	Fitness Instructor	All
09:30 - 10:15	LesMills BODYATTACK	Studio 1	Melissa O	All
10:00 - 10:30	Group Cycle Virtual	Group Cycle Studio	Virtual	All
10:30 - 10:45	LesMills BODYPUMP	Studio 1	Melissa O	All
10:30 - 11:30	Group Cycle - Women Only	Group Cycle Studio	Virtual	All
11:30 - 12:30	Yoga	Studio 2	Yasmine C	All
12:10 - 12:40	Group Cycle Virtual	Group Cycle Studio	Virtual	All
12:10 - 12:40	Functional 360	Ground Floor Gym	Fitness Instructor	All
13:30 - 14:30	Yoga	Studio 2	Rosemarie	50+
14:00 - 14:30	Group Cycle Virtual	Group Cycle Studio	Virtual	All
14:40 - 15:40	Aqua Fit 50+	Teaching Pool	Korol	50+
16:30 - 17:15	YoungGen	Ground Floor Gym	Fitness Instructor	All
18:00 - 18:30	H.I.T.T 360	Ground Floor Gym	Fitness Instructor	All
18:30 - 19:00	Blitz 360	Ground Floor Gym	Fitness Instructor	All
18:30 - 19:30	LesMills BODYPUMP	Studio 1	Izzy R	All
18:30 - 19:30	Afro Dance	Studio 2	Tsveta V	All
19:15 - 20:00	Group Cycle	Group Cycle Studio	Paul	All
19:35 - 20:35	LesMills BODYBALANCE	Studio 2	Lazuria	All
19:45 - 20:30	LesMills BODYATTACK	Studio 1	Izzy R	All

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
20:45 - 21:30	LesMills BODYPUMP	Studio 1	Lazuria	All