

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 30/04/2024

Times for Friday 30 August



| 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 |