

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 29/04/2024

Times for Sunday 1 September



Time	Session	Facility	Instructor	Level
08:15 - 08:45	Group Cycle Virtual	Group Cycle Studio	Virtual	All
09:00 - 09:30	H.I.T.T 360	Ground Floor Gym	Fitness Instructor	All
09:30 - 10:15	LesMills BODYCOMBAT	Studio 2	Gosia	All
10:00 - 11:00	Group Cycle	Group Cycle Studio	Virtual	All
10:30 - 11:00	Functional 360	Gym	Fitness Instructor	All
10:30 - 11:30	Vinyasa Flow Yoga	Studio 2	Angela	All
15:00 - 15:40	Abs Blast	Ground Floor Gym	Fitness Instructor	All