

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 01/05/2024

Times for Tuesday 15 October



Time	Session	Facility	Instructor	Level
06:40 - 07:10	Group Cycle Virtual	Group Cycle Studio	Virtual	All
07:00 - 07:45	HIIT	Studio 1	Mary	All
09:30 - 10:00	H.I.T.T 360	Ground Floor Gym	Fitness Instructor	All
09:30 - 10:15	LesMills BODYCOMBAT	Studio 1	Gosia	All
10:30 - 11:30	LesMills BODYBALANCE	Studio 2	Francis - Ann - Ye - Me	All
10:30 - 11:30	Group Cycle - Women Only	Group Cycle Studio	Virtual	All
10:30 - 11:30	Zumba	Studio 1	Vera H	All
12:00 - 13:00	Pilates	Studio 2	Amar Sahota	All
12:00 - 13:00	Boxercise - Women Only	Studio 1	Mary	All
12:10 - 12:40	Group Cycle Virtual	Group Cycle Studio	Virtual	All
12:10 - 12:40	Circuits 360	Ground Floor Gym	Fitness Instructor	All
14:00 - 14:30	Group Cycle - Women Only	Group Cycle Studio	Virtual	All
18:00 - 18:30	H.I.T.T 360	Ground Floor Gym	Fitness Instructor	All
18:00 - 18:45	LesMills BODYCOMBAT	Studio 1	Francis - Ann - Ye - Me	All
18:30 - 19:00	Total Body 360	Ground Floor Gym	Fitness Instructor	All
19:15 - 20:15	Pilates	Studio 2	Vilma	All
19:20 - 20:20	Zumba	Studio 1	Humara Q	All
19:30 - 20:15	Group Cycle	Group Cycle Studio	Korol	All