

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 30/04/2024

### Times for Sunday 27 October



| 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   |