

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 15/05/2024

Times for Saturday 30 March				
Time	Session	Facility	Instructor	Level
09:15 - 10:15	LesMills BODYATTACK	Studio 1	Amy	All
10:00 - 10:30	Met - Con	Gym	Fitness Instructor	All
10:30 - 11:30	LesMills BODYPUMP	Studio 1	Amy	All
12:00 - 12:45	Strength Zone	Ground Floor Gym	Fitness Instructor	All
13:00 - 14:00	Yoga	Studio 2	Jackee	All