

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 01/05/2024

Times for Sunday 31 March



Time	Session	Facility	Instructor	Level
10:00 - 10:30	Total Body 360	Gym	Fitness Instructor	All
10:30 - 11:30	Yoga	Studio 2	Monica	All
10:30 - 11:30	Met-Con Cycle	Studio 1	Fitness Instructor	All
12:00 - 12:45	Strength Zone	Ground Floor Gym	Fitness Instructor	All