

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 30/04/2024

Times for Monday 1 April



Time	Session	Facility	Instructor	Level
09:00 - 09:30	LBT 360	Gym	Fitness Instructor	All
09:30 - 10:30	LesMills BODYATTACK	Studio 1	Melissa O	All
10:00 - 10:30	Met - Con	Gym	Fitness Instructor	All
11:00 - 12:00	LesMills BODYPUMP	Studio 1	Melissa O	
12:00 - 13:00	Yoga	Studio 2	Jess	All
12:15 - 12:45	Total Body 360	Gym	Fitness Instructor	All
18:00 - 19:00	LesMills BODYPUMP	Studio 1	Melissa O	All
18:30 - 19:00	HIIT	Gym	Fitness Instructor	All
19:15 - 20:00	LesMills BODYATTACK	Studio 1	Alex	All
19:30 - 20:30	Yoga	Studio 2	Monica	All