

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 30/04/2024

Times for Thursday 4 April



| Time | Session | Facility | Instructor | Level |
|---------------|------------------------|--------------------|--------------------|-------|
| 09:15 - 10:15 | Spin Cycle | Studio 1 | Tason | All |
| 09:30 - 10:00 | LBT 360 | Gym | Fitness Instructor | All |
| 09:30 - 10:30 | Yoga | Studio 2 | Anya | All |
| 09:45 - 10:45 | LesMills BODYBALANCE | Group Cycle Studio | Jackee | All |
| 11:00 - 12:00 | HIIT | Studio 1 | Dave | All |
| 18:30 - 19:00 | HIIT | Gym | Fitness Instructor | All |
| 18:30 - 19:30 | Zumba Step | Studio 1 | Pachelle | All |
| 19:00 - 19:45 | Les Mills Attack | Studio 2 | Fitness Instructor | All |
| 19:30 - 20:30 | LesMills BODYCOMBAT | Studio 1 | Gosia | All |
| 19:45 - 20:30 | Les Mills BODYPUMP 100 | Studio 1 | Fitness Instructor | All |
| 20:00 - 21:00 | Aqua Zumba | Teaching Pool | Pachelle | All |