

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 08/05/2024

### Times for Wednesday 8 May



Time	Session	Facility	Instructor	Level
09:00 - 09:30	HIIT	Gym	Fitness Instructor	All
09:00 - 10:00	Yoga	Studio 2	Fitness Instructor	All
10:00 - 10:30	Total Body 360	Gym	Fitness Instructor	All
10:30 - 11:30	LesMills BODYPUMP	Studio 1	Tason	All
12:15 - 12:45	LBT 360	Gym	Fitness Instructor	All
12:15 - 13:15	Spin Cycle	Studio 1	Tason	All
18:15 - 19:15	Les Mills BODYPUMP 100	Studio 1	Alex	All
18:30 - 19:00	LBT 360	Gym	Fitness Instructor	All
19:15 - 20:00	LesMills BODYBALANCE	Group Cycle Studio	Jade	All
19:15 - 20:15	LesMills BODYATTACK	Studio 1	Fitness Instructor	All