

# Group Exercise Timetable

## Willesden Sports Centre

Accurate as of 17/05/2025

### Times for Saturday 19 January



Time	Session	Facility	Type
8:15 am - 8:45 am	LesMills SH'BAM (virtual)	Studio	Aerobic
9:15 am - 9:45 am	LesMills GRIT CARDIO (v)	Studio	Cardio