

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 23/04/2024

Times for Sunday 20 January



Time	Session	Facility	Type
8:15 am - 8:45 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
9:15 am - 9:45 am	LesMills SPRINT	Studio	Aerobic
9:15 am - 9:45 am	Les Mills BODY ATTACK	Multi-purpose room	Aerobic
10:15 am - 10:45 am	LesMills Barre	Studio	Body Conditioning
11:15 am - 11:45 am	LesMills CXWORX (virtual)	Studio	Body Conditioning
1:15 pm - 1:45 pm	LesMills RPM (virtual)	Studio	Aerobic