Group Exercise Timetable

Willesden Sports Centre

Accurate as of 12/10/2024

Times for Monday 21 January

Time	Session	Facility	Type
7:15 am - 7:45 am	LesMills GRIT CARDIO (v)	Studio	Cardio
8:15 am - 8:45 am	Les Mills BODY BALANCE	Studio	Calm
9:15 am - 9:45 am	LesMills SPRINT	Studio	Aerobic
10:15 am - 10:45 am	LesMills SH'BAM (virtual)	Studio	Aerobic
11:15 am - 11:45 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
12:15 pm - 12:45 pm	Over 50's	Studio	Aerobic
1:15 pm - 1:45 pm	LesMills RPM (virtual)	Studio	Aerobic
2:15 pm - 2:45 pm	LesMills Barre	Studio	Body Conditioning
3:15 pm - 3:45 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
6:15 pm - 6:45 pm	Les Mills BodyPump (V)	Studio	Body Conditioning
6:15 pm - 6:45 pm	Les Mills BODY ATTACK	Multi-purpose room	Aerobic
6:15 pm - 6:45 pm	Spin	Tube	Aerobic
7:00 pm - 7:45 pm	Body Condition	Multi-purpose room	Body Conditioning
7:15 pm - 7:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm