

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 20/04/2024

Times for Saturday 23 March



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