

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 29/04/2024

Times for Monday 24 June



| 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 |