

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 16/05/2024

Times for Saturday 12 October			
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