

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 17/05/2025

Times for Sunday 13 October



| Time | Session | Facility | Type |
|---------------------|-------------------------------|--------------------|-------------------|
| 8:15 am - 8:45 am | LesMills BODYCOMBAT (virtual) | Studio | Aerobic |
| 8:15 am - 8:45 am | Circuits | Running Track | 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 |