

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 20/04/2024

Times for Tuesday 15 October



| Time | Session | Facility | Type |
|---------------------|--------------------------------|----------|-------------------|
| 7:15 am - 7:45 am | LesMills SPRINT | Studio | Aerobic |
| 8:15 am - 8:45 am | LesMills SH'BAM (virtual) | Studio | Aerobic |
| 9:15 am - 9:45 am | LesMills CXWORX (virtual) | Studio | Body Conditioning |
| 11:15 am - 11:45 am | LesMills THE TRIP | Studio | Aerobic |
| 12:15 pm - 12:45 pm | LesMills Barre | Studio | Body Conditioning |
| 1:15 pm - 2:45 pm | Les Mills BodyPump (V) | Studio | Body Conditioning |
| 2:15 pm - 2:45 pm | LesMills BODYBALANCE (virtual) | Studio | Calm |
| 3:15 pm - 3:45 pm | LesMills THE TRIP | Studio | Aerobic |
| 4:15 pm - 4:45 pm | LesMills GRIT CARDIO (v) | Studio | Cardio |
| 5:15 pm - 5:45 pm | LesMills RPM (virtual) | Studio | Aerobic |
| 6:15 pm - 6:45 pm | LesMills BODYCOMBAT (virtual) | Studio | Aerobic |
| 7:15 pm - 7:45 pm | LesMills CXWORX (virtual) | Studio | Body Conditioning |