

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 18/05/2024

| Times for Saturday 29 February | | | |
|--------------------------------|---------------------------|----------|---------|
| 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 |