Group Exercise Timetable

Willesden Sports Centre

Accurate as of 12/10/2024

Times for Tuesday 2 June

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