

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 20 February



Time	Session	Facility	Type
9:15 am - 9:45 am	Myride Virtual Cycle	Cycle Studio	Aerobic
9:30 am - 10:30 am	Body Attack	Sports Hall	Aerobic
10:30 am - 11:30 am	Body Pump	Studio	Body Conditioning
11:30 am - 12:30 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
11:30 am - 12:30 pm	Body Step	Studio	Aerobic
12:30 pm - 1:25 pm	Yoga (mixed)	Studio	Calm
1:00 pm - 1:30 pm	Myride Virtual Drill	Cycle Studio	Aerobic
5:30 pm - 6:00 pm	Myride Virtual Drill	Cycle Studio	Aerobic
5:45 pm - 6:45 pm	Body Combat	Studio	Aerobic
6:15 pm - 6:45 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
6:45 pm - 7:30 pm	Body Pump	Studio	Body Conditioning
7:30 pm - 8:30 pm	Group Cycle	Cycle Studio	Aerobic
7:30 pm - 8:30 pm	Zumba	Studio	Aerobic
8:30 pm - 9:25 pm	Yoga (mixed)	Studio	Calm