

# Group Exercise Timetable

## Lord Butler Fitness & Leisure Centre

Accurate as of 26/04/2024

### Times for Friday 22 February



Time	Session	Facility	Type
9:15 am - 9:45 am	Myride Virtual Cycle	Cycle Studio	Aerobic
9:30 am - 10:30 am	Body Step	Studio	Aerobic
10:30 am - 11:30 am	Body Pump	Studio	Body Conditioning
11:30 am - 12:30 pm	Zumba	Studio	Aerobic
11:30 am - 12:30 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
6:00 pm - 6:45 pm	Body Pump	Studio	Body Conditioning
6:30 pm - 7:30 pm	Group Cycle	Cycle Studio	Aerobic
6:45 pm - 7:30 pm	Body Conditioning / LBT	Studio	Body Conditioning
7:30 pm - 8:30 pm	Pilates	Studio	Calm