

# Group Exercise Timetable

## Lord Butler Fitness & Leisure Centre

Accurate as of 30/04/2024

### Times for Saturday 23 February



Time	Session	Facility	Type
7:30 am - 7:50 am	Myride Virtual Drill	Cycle Studio	Aerobic
8:00 am - 8:45 am	Group Cycle	Cycle Studio	Aerobic
8:30 am - 9:25 am	Yoga (mixed)	Studio	Calm
9:30 am - 10:30 am	Body Attack	Studio	Aerobic
11:30 am - 12:30 pm	Pilates	Studio	Calm