

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 06/05/2024

Times for Sunday 28 April				
Time	Session	Facility	Type	
8:30 am - 9:30 am	Body Balance	Studio	Calm	
9:00 am - 10:00 am	Myride Virtual Cycle	Studio	Aerobic	
9:30 am - 10:30 am	Body Pump	Studio	Body Conditioning	
10:30 am - 11:30 am	Body Combat	Studio	Aerobic	
11:30 am - 12:15 pm	Body Step	Studio	Aerobic	