

# Group Exercise Timetable

## Lord Butler Fitness & Leisure Centre

Accurate as of 07/05/2024

### Times for Friday 3 May



| 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              |