

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 01/05/2024

Times for Thursday 29 August



| Time | Session | Facility | Type |
|---------------------|--------------------------|--------------|-------------------|
| 7:15 am - 7:45 am | LesMills GRIT CARDIO (v) | Studio | Cardio |
| 7:30 am - 8:00 am | Myride Virtual Cycle | Cycle Studio | Aerobic |
| 9:15 am - 9:45 am | Myride Virtual Cycle | Cycle Studio | Aerobic |
| 9:15 am - 10:15 am | Body Attack | Studio | Aerobic |
| 10:15 am - 11:15 am | Body Pump | Studio | Body Conditioning |
| 11:15 am - 12:00 pm | Les Mills Tone | Studio | Body Conditioning |
| 11:30 am - 12:30 pm | Myride Virtual Cycle | Cycle Studio | Aerobic |
| 12:00 pm - 12:45 pm | Body Balance | Studio | Calm |
| 12:45 pm - 1:15 pm | Myride Virtual Cycle | Cycle Studio | Aerobic |
| 5:45 pm - 6:30 pm | Les Mills Tone | Studio | Body Conditioning |
| 6:30 pm - 7:15 pm | Body Attack | Studio | Aerobic |
| 7:00 pm - 8:00 pm | Myride Virtual Drill | Cycle Studio | Aerobic |
| 7:15 pm - 8:15 pm | Body Pump | Studio | Body Conditioning |
| 8:00 pm - 8:45 pm | Aquafit | Main Pool | Aqua |
| 8:15 pm - 9:00 pm | Body Balance | Studio | Calm |