

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 25/04/2024

Times for Friday 5 June



Time	Session	Facility	Type
6:15 am - 7:15 am	LesMills BODYBALANCE (virtual)	Studio	Calm
7:20 am - 7:30 am	BodyPump Introduction (Virtual)	Studio	Body Conditioning
7:30 am - 8:30 am	Les Mills BodyPump (V)	Studio	Body Conditioning
8:35 am - 9:05 am	LesMills CXWORX (virtual)	Studio	Body Conditioning
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
11:20 am - 11:30 am	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
11:30 am - 12:30 pm	Zumba	Studio	Aerobic
11:30 am - 12:30 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
1:45 pm - 2:30 pm	Zumba Gold	Studio	Aerobic
3:10 pm - 4:10 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
4:15 pm - 4:45 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning
5:25 pm - 5:55 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
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
8:35 pm - 9:35 pm	LesMills BODYBALANCE (virtual)	Studio	Calm