

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 23/04/2024

Times for Monday 8 June



Time	Session	Facility	Type
6:15 am - 6:45 am	Body Pump	Studio	Body Conditioning
6:15 am - 7:15 am	Myride Virtual Cycle	Cycle Studio	Aerobic
6:45 am - 7:15 am	HIIT	Studio	Body Conditioning
7:20 am - 7:30 am	CX Worx Introduction (Virtual)	Studio	Body Conditioning
7:30 am - 8:00 am	LesMills CXWORX (virtual)	Studio	Body Conditioning
8:05 am - 8:35 am	LesMills GRIT CARDIO (v)	Studio	Cardio
9:00 am - 9:45 am	Body Conditioning / LBT	Studio	Body Conditioning
9:05 am - 9:15 am	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
9:15 am - 9:45 am	Myride Virtual Cycle	Cycle Studio	Aerobic
9:45 am - 10:30 am	Body Combat	Studio	Aerobic
10:30 am - 11:30 am	Body Pump	Studio	Body Conditioning
11:30 am - 12:15 pm	Group Cycle	Cycle Studio	Aerobic
11:30 am - 12:30 pm	Body Balance	Studio	Calm
12:30 pm - 1:15 pm	Zumba	Studio	Aerobic
12:50 pm - 1:00 pm	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
1:00 pm - 1:30 pm	Myride Virtual Drill	Cycle Studio	Aerobic
1:20 pm - 1:30 pm	BodyBalance Introduction (Virtual)	Studio	Calm
1:30 pm - 2:00 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
2:05 pm - 2:15 pm	BodyPump Introduction (Virtual)	Studio	Body Conditioning
2:15 pm - 3:00 pm	Les Mills BodyPump (V)	Studio	Body Conditioning
3:00 pm - 4:00 pm	LesMills BODYCOMBAT (virtual)	Studio	Aerobic

Time	Session	Facility	Type
5:30 pm - 6:00 pm	Myride Virtual Drill	Cycle Studio	Aerobic
5:30 pm - 6:30 pm	Body Balance	Studio	Calm
6:30 pm - 7:30 pm	Body Pump	Studio	Body Conditioning
6:30 pm - 7:30 pm	Group Cycle	Cycle Studio	Aerobic
6:30 pm - 7:30 pm	Bootcamp	Sports Hall	Aerobic
7:30 pm - 8:30 pm	Body Attack	Studio	Aerobic
8:30 pm - 9:25 pm	Yoga (mixed)	Studio	Calm