Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 9 June

Time	Session	Facility	Type
6:15 am - 6:45 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
6:15 am - 7:00 am	Group Cycle	Cycle Studio	Aerobic
6:50 am - 7:35 am	Les Mills BodyPump (V)	Studio	Body Conditioning
9:00 am - 9:45 am	Zumba	Studio	Aerobic
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 Balance	Studio	Calm
10:45 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 - 12:00 pm	Aquafit	Main Pool	Aqua
11:30 am - 12:30 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
11:30 am - 12:30 pm	HIIT	Studio	Body Conditioning
12:45 pm - 1:45 pm	Pilates	Studio	Calm
1:00 pm - 1:30 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
2:00 pm - 2:30 pm	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
4:15 pm - 4:45 pm	LesMills GRIT STRENGTH (v)	Studio	Body Conditioning
5:20 pm - 5:30 pm	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
5:30 pm - 5:55 pm	Myride Virtual Drill	Cycle Studio	Aerobic
5:30 pm - 6:30 pm	Body Balance	Studio	Calm
6:30 pm - 7:30 pm	Body Step	Studio	Aerobic
7:00 pm - 8:00 pm	Myride Virtual Cycle	Cycle Studio	Aerobic

Time	Session	Facility	Type
7:30 pm - 8:30 pm	Body Pump	Studio	Body Conditioning
8:30 pm - 9:30 pm	Zumba	Studio	Aerobic