

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 10 June



Time	Session	Facility	Type
6:15 am - 6:45 am	LesMills GRIT STRENGTH (v)	Studio	Body Conditioning
6:45 am - 7:15 am	LesMills CXWORX (virtual)	Studio	Body Conditioning
7:20 am - 7:30 am	BodyCombat Introduction (Virtual)	Studio	Body Conditioning
7:30 am - 8:00 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
8:05 am - 8:35 am	LesMills GRIT CARDIO (v)	Studio	Cardio
9:15 am - 9:45 am	Myride Virtual Cycle	Cycle Studio	Aerobic
9:30 am - 10:30 am	Body Attack	Sports Hall	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	Myride Virtual Cycle	Cycle Studio	Aerobic
11:30 am - 12:30 pm	Body Step	Studio	Aerobic
12:30 pm - 1:25 pm	Yoga (mixed)	Studio	Calm
1:00 pm - 1:30 pm	Myride Virtual Drill	Cycle Studio	Aerobic
1:30 pm - 2:30 pm	Pilates	Studio	Calm
2:35 pm - 3:05 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning
3:10 pm - 4:10 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
4:30 pm - 5:30 pm	Les Mills BodyPump (V)	Studio	Body Conditioning
5:30 pm - 6:00 pm	Myride Virtual Drill	Cycle Studio	Aerobic
5:45 pm - 6:45 pm	Body Combat	Studio	Aerobic
6:15 pm - 6:45 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
6:45 pm - 7:30 pm	Body Pump	Studio	Body Conditioning

Time	Session	Facility	Type
7:30 pm - 8:30 pm	Group Cycle	Cycle Studio	Aerobic
7:30 pm - 8:30 pm	Zumba	Studio	Aerobic
8:30 pm - 9:25 pm	Yoga (mixed)	Studio	Calm