

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 04/05/2024

Times for Thursday 11 June



Time	Session	Facility	Type
7:15 am - 7:45 am	LesMills GRIT CARDIO (v)	Studio	Cardio
7:20 am - 7:30 am	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
7:30 am - 8:00 am	Myride Virtual Cycle	Cycle 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
9:15 am - 10:15 am	Body Attack	Studio	Aerobic
10:15 am - 11:00 am	Group Cycle	Cycle 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
11:20 am - 11:30 am	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
11:30 am - 12:30 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
12:00 pm - 12:45 pm	Body Balance	Studio	Calm
12:35 pm - 12:45 pm	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
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
8:00 pm - 8:45 pm	Myride Virtual Cycle	Cycle Studio	Aerobic
8:15 pm - 9:00 pm	Body Balance	Studio	Calm