

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 13 June



Time	Session	Facility	Type
7:15 am - 8:15 am	Les Mills BodyPump (V)	Studio	Body Conditioning
7:30 am - 7:50 am	Myride Virtual Drill	Cycle Studio	Aerobic
8:00 am - 8:45 am	Group Cycle	Cycle Studio	Aerobic
8:30 am - 9:25 am	Yoga (mixed)	Studio	Calm
9:30 am - 10:30 am	Body Attack	Studio	Aerobic
10:30 am - 11:15 am	Les Mills Tone	Studio	Body Conditioning
11:30 am - 12:30 pm	Pilates	Studio	Calm
12:45 pm - 1:15 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
1:20 pm - 1:30 pm	CX Worx Introduction (Virtual)	Studio	Body Conditioning
1:30 pm - 2:00 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning
2:05 pm - 2:15 pm	BodyBalance Introduction (Virtual)	Studio	Calm
2:15 pm - 3:15 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
4:20 pm - 4:30 pm	BodyPump Introduction (Virtual)	Studio	Body Conditioning
4:30 pm - 5:30 pm	LesMills BODYPUMP (virtual)	Studio	Aerobic