

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 03/05/2024

Times for Sunday 14 June



Time	Session	Facility	Type
7:30 am - 8:30 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
8:30 am - 9:30 am	Body Balance	Studio	Calm
8:50 am - 9:00 am	Group Cycling Introduction (Virtual)	Cycle Studio	Aerobic
9:00 am - 10:00 am	Myride Virtual Cycle	Studio	Aerobic
9:30 am - 10:30 am	Body Pump	Studio	Body Conditioning
10:30 am - 11:30 am	Body Combat	Studio	Aerobic
11:30 am - 12:15 pm	Body Step	Studio	Aerobic
12:25 pm - 12:55 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning
12:55 pm - 1:25 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
2:05 pm - 2:15 pm	BodyPump Introduction (Virtual)	Studio	Body Conditioning
2:15 pm - 3:15 pm	Les Mills BodyPump (V)	Studio	Body Conditioning
3:20 pm - 3:30 pm	Beginners BodyPump (Virtual)	Studio	Body Conditioning
4:20 pm - 4:30 pm	BodyBalance Introduction (Virtual)	Studio	Calm
4:30 pm - 5:30 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
5:45 pm - 6:15 pm	LesMills GRIT STRENGTH (v)	Studio	Body Conditioning
6:20 pm - 6:50 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
7:20 pm - 7:30 pm	BodyBalance Introduction (Virtual)	Studio	Calm
7:30 pm - 8:30 pm	LesMills BODYBALANCE (virtual)	Studio	Calm