

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 18/05/2024

Times for Wednesday 17 April



| Time | Session | Facility | Type |
|---------------------|--------------------------------|----------|-------------------|
| 9:30 am - 10:15 am | Les Mills BODY ATTACK | Studio | Aerobic |
| 10:30 am - 11:15 am | LesMills BODYPUMP | Studio | Aerobic |
| 11:30 am - 12:15 pm | LesMills BODYCOMBAT (virtual) | Studio | Aerobic |
| 12:30 pm - 1:00 pm | Les Mills Sprint Virtual | Studio | Body Conditioning |
| 1:15 pm - 1:45 pm | LesMills BODYBALANCE (virtual) | Studio | Calm |
| 2:15 pm - 2:45 pm | LesMills GRIT PLYO (v) | Studio | Cardio |
| 3:15 pm - 3:45 pm | LesMills SH'BAM (virtual) | Studio | Aerobic |
| 4:15 pm - 4:45 pm | LesMills BODYBALANCE (virtual) | Studio | Calm |
| 5:15 pm - 5:55 pm | Les Mills Barre Virtual | Studio | Body Conditioning |
| 6:15 pm - 6:45 pm | LesMills CXWORX (virtual) | Studio | Body Conditioning |
| 7:05 pm - 7:50 pm | Les Mills BODY ATTACK | Studio | Aerobic |