

# Group Exercise Classes

## Chase Leisure Centre

Accurate as of 17/09/2021

### Times for Sunday 1 August



Time	Session
08:15 - 09:00	The Trip (Virtual)
08:15 - 09:15	BODYCOMBAT (Virtual)
09:15 - 10:00	RPM (Virtual)
09:15 - 10:15	BODYPUMP
10:15 - 10:45	SPRINT (virtual)
10:30 - 11:15	BODYBALANCE
11:45 - 12:30	SPRINT (virtual)
12:15 - 13:00	The Trip (Virtual)
13:15 - 14:00	RPM (Virtual)
13:45 - 14:30	BODYPUMP (Virtual)
14:15 - 14:45	SPRINT (virtual)
14:45 - 15:30	BODYBALANCE (Virtual)