

# Group Exercise Classes

## Chase Leisure Centre

Accurate as of 30/01/2023

### Times for Thursday 29 September



Time	Session
07:00 - 07:30	SPRINT
07:00 - 07:45	CXWORX (Virtual)
08:15 - 08:45	RPM (Virtual)
08:15 - 09:00	BODYCOMBAT (Virtual)
09:00 - 09:45	The Trip (Virtual)
09:30 - 10:00	Circuits
09:30 - 10:15	Vibe Step
10:15 - 11:00	BODYPUMP
10:30 - 11:15	Vibe Power
11:45 - 12:30	BODYBALANCE (Virtual)
12:45 - 13:30	BODYPUMP (Virtual)
13:15 - 14:00	The Trip (Virtual)
13:45 - 14:30	BODYCOMBAT (Virtual)
17:45 - 18:15	SPRINT (virtual)
17:45 - 18:30	Body Attack
18:15 - 19:00	Kettle Bells
18:40 - 19:10	CXWORX (Virtual)
18:45 - 19:30	RPM
19:15 - 20:00	Pure Stretch
19:45 - 20:30	The Trip (Virtual)