

Group Exercise Classes

Chase Leisure Centre

Accurate as of 29/03/2023

Times for Sunday 9 October



Time	Session
08:15 - 09:00	BODYCOMBAT (Virtual)
08:15 - 09:00	Trip
09:15 - 10:00	BODYPUMP
09:15 - 10:00	RPM (Virtual)
10:15 - 10:45	SPRINT (virtual)
10:15 - 11:15	BODYCOMBAT
10:50 - 11:20	BODYCOMBAT (Virtual)
11:35 - 12:05	BODYPUMP (Virtual)
12:15 - 12:45	CXWORX (Virtual)
12:15 - 13:00	The Trip (Virtual)
12:50 - 13:20	BODYCOMBAT (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)