

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 04/10/2026

Times for Sunday 4 October				
Time	Session	Facility	Type	
8:15 am - 8:45 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic	
8:15 am - 8:45 am	Circuits	Running Track	Aerobic	
9:15 am - 9:45 am	LesMills SPRINT	Studio	Aerobic	
9:15 am - 9:45 am	Les Mills BODY ATTACK	Multi-purpose room	Aerobic	
10:15 am - 10:45 am	LesMills Barre	Studio	Body Conditioning	
11:15 am - 11:45 am	LesMills CXWORX (virtual)	Studio	Body Conditioning	
1:15 pm - 1:45 pm	LesMills RPM (virtual)	Studio	Aerobic	