

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 04/10/2026

Times for Thursday 8 October				
Time	Session	Facility	Type	
7:15 am - 7:45 am	LesMills RPM (virtual)	Studio	Aerobic	
8:15 am - 8:45 am	LesMills CXWORX (virtual)	Studio	Body Conditioning	
9:15 am - 9:45 am	LesMills BODYBALANCE (virtual)	Studio	Calm	
10:15 am - 10:45 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic	
12:15 pm - 12:45 pm	LesMills GRIT CARDIO (v)	Studio	Cardio	
1:15 pm - 1:45 pm	LesMills SH'BAM (virtual)	Studio	Aerobic	
2:15 pm - 2:45 pm	LesMills SPRINT	Studio	Aerobic	
3:15 pm - 3:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm	
4:15 pm - 4:45 pm	LesMills BODYPUMP (virtual)	Studio	Aerobic	
5:15 pm - 5:45 pm	LesMills GRIT CARDIO (v)	Studio	Cardio	
6:15 pm - 6:45 pm	LesMills Barre	Studio	Body Conditioning	
6:15 pm - 6:45 pm	Classic Core	Multi-purpose room	Body Conditioning	
6:15 pm - 7:00 pm	Circuits	Running Track	Aerobic	
7:00 pm - 7:45 pm	LesMills BODYPUMP	Multi-purpose room	Aerobic	
7:15 pm - 7:45 pm	LesMills RPM (virtual)	Studio	Aerobic	