

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 04/10/2026

Times for Friday 9 October				
Time	Session	Facility	Type	
7:15 am - 7:45 am	LesMills Barre	Studio	Body Conditioning	
8:15 am - 8:45 am	LesMills THE TRIP	Studio	Aerobic	
9:15 am - 9:45 am	LesMills BODYPUMP (virtual)	Studio	Aerobic	
10:15 am - 11:15 am	Body Condition	Multi-purpose room	Body Conditioning	
11:15 am - 11:45 am	LesMills RPM (virtual)	Studio	Aerobic	
12:15 pm - 12:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm	
1:15 pm - 1:45 pm	LesMills THE TRIP	Studio	Aerobic	
2:15 pm - 2:45 pm	LesMills Barre	Studio	Body Conditioning	
3:15 pm - 3:45 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning	
4:15 pm - 4:45 pm	LesMills BODYCOMBAT (virtual)	Studio	Aerobic	
5:15 pm - 5:45 pm	LesMills SPRINT	Studio	Aerobic	
6:15 pm - 6:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm	
7:15 pm - 7:45 pm	LesMills SH'BAM (virtual)	Studio	Aerobic	