

Group Exercise Timetable

Willesden Sports Centre

Accurate as of 04/10/2026

Times for Saturday 10 October

Time	Session	Facility	Type
8:15 am - 8:45 am	LesMills SH'BAM (virtual)	Studio	Aerobic
8:15 am - 8:45 am	Les Mills BODY PUMP	Multi-purpose room	Body Conditioning
9:15 am - 9:45 am	LesMills GRIT CARDIO (v)	Studio	Cardio
10:15 am - 10:45 am	LesMills THE TRIP	Studio	Aerobic
11:15 am - 11:45 am	LesMills BODYBALANCE (virtual)	Studio	Calm
12:15 pm - 12:45 pm	LesMills BODYCOMBAT (virtual)	Studio	Aerobic