

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 04/05/2024

### Times for Tuesday 15 September



| Time          | Session                  | Facility           | Instructor              | Level |
|---------------|--------------------------|--------------------|-------------------------|-------|
| 06:40 - 07:10 | Group Cycle Virtual      | Group Cycle Studio | Virtual                 | All   |
| 07:00 - 07:45 | HIIT                     | Studio 1           | Mary                    | All   |
| 09:30 - 10:00 | H.I.T.T 360              | Ground Floor Gym   | Fitness Instructor      | All   |
| 09:30 - 10:15 | LesMills BODYCOMBAT      | Studio 1           | Gosia                   | All   |
| 10:30 - 11:30 | LesMills BODYBALANCE     | Studio 2           | Francis - Ann - Ye - Me | All   |
| 10:30 - 11:30 | Group Cycle - Women Only | Group Cycle Studio | Virtual                 | All   |
| 10:30 - 11:30 | Zumba                    | Studio 1           | Vera H                  | All   |
| 12:00 - 13:00 | Pilates                  | Studio 2           | Amar Sahota             | All   |
| 12:00 - 13:00 | Boxercise - Women Only   | Studio 1           | Mary                    | All   |
| 12:10 - 12:40 | Group Cycle Virtual      | Group Cycle Studio | Virtual                 | All   |
| 12:10 - 12:40 | Circuits 360             | Ground Floor Gym   | Fitness Instructor      | All   |
| 14:00 - 14:30 | Group Cycle - Women Only | Group Cycle Studio | Virtual                 | All   |
| 18:00 - 18:30 | H.I.T.T 360              | Ground Floor Gym   | Fitness Instructor      | All   |
| 18:00 - 18:45 | LesMills BODYCOMBAT      | Studio 1           | Francis - Ann - Ye - Me | All   |
| 18:30 - 19:00 | Total Body 360           | Ground Floor Gym   | Fitness Instructor      | All   |
| 19:15 - 20:15 | Pilates                  | Studio 2           | Vilma                   | All   |
| 19:20 - 20:20 | Zumba                    | Studio 1           | Humara Q                | All   |
| 19:30 - 20:15 | Group Cycle              | Group Cycle Studio | Korol                   | All   |