

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 04/05/2024

### Times for Thursday 17 September



| Time          | Session                   | Facility           | Instructor         | Level |
|---------------|---------------------------|--------------------|--------------------|-------|
| 06:40 - 07:10 | Group Cycle Virtual       | Group Cycle Studio | Virtual            | All   |
| 06:45 - 07:45 | Met Con Swimming          | Teaching Pool      | Fitness Instructor |       |
| 09:30 - 10:00 | LBT 360                   | Ground Floor Gym   | Fitness Instructor | All   |
| 09:30 - 10:30 | Boxercise                 | Studio 1           | Mary               | All   |
| 10:15 - 11:15 | Vinyasa Flow Yoga         | Studio 2           | Rosemarie          | All   |
| 10:30 - 11:30 | HIIT                      | Studio 1           | Fitness Instructor | All   |
| 10:30 - 11:30 | Group Cycle - Women Only  | Group Cycle Studio | Virtual            | All   |
| 12:00 - 13:00 | Yoga 50+                  | Studio 2           | Yasmin C           | 50+   |
| 12:10 - 12:40 | Circuits 360              | Ground Floor Gym   | Fitness Instructor | All   |
| 12:10 - 12:40 | Group Cycle Virtual       | Group Cycle Studio | Virtual            | All   |
| 14:00 - 14:30 | Group Cycle - Women Only  | Group Cycle Studio | Virtual            | All   |
| 16:00 - 17:00 | Born To Move (5-12 years) | Studio 2           | Muneera            |       |
| 18:00 - 18:30 | H.I.T.T 360               | Ground Floor Gym   | Fitness Instructor | All   |
| 18:15 - 19:00 | LesMills BODYCOMBAT       | Studio 2           | Gosia              | All   |
| 18:30 - 19:00 | Total Body 360            | Ground Floor Gym   | Fitness Instructor | All   |
| 18:30 - 19:30 | Zumba Step                | Studio 1           | Pachelle           | All   |
| 19:35 - 20:05 | LesMills GRIT (STRENGTH)  | Studio 1           | Karren V           | All   |
| 20:00 - 21:00 | Vinyasa Flow Yoga         | Studio 2           | Kim Marie D        | All   |
| 20:10 - 20:40 | LM Grit CARDIO/ATHLETIC   | Studio 1           | Karren V           | All   |