

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 04/05/2024

Times for Saturday 19 September



| Time | Session | Facility | Instructor | Level |
|---------------|----------------------|--------------------|--------------------|-------|
| 08:15 - 09:00 | Group Cycle Virtual | Group Cycle Studio | Virtual | All |
| 09:00 - 09:30 | Circuits 360 | Ground Floor Gym | Fitness Instructor | All |
| 09:15 - 10:15 | LesMills BODYATTACK | Studio 1 | Amy A | All |
| 09:30 - 10:15 | Group Cycle | Group Cycle Studio | Sigrid | All |
| 09:30 - 10:30 | LesMills BODYBALANCE | Studio 2 | Jackee | All |
| 10:30 - 11:00 | Core 360 | Ground Floor Gym | Fitness Instructor | All |
| 10:30 - 11:30 | LesMills BODYPUMP | Studio 1 | Amy A | All |
| 11:30 - 12:30 | Zumba | Studio 2 | Humara Q | All |
| 15:00 - 15:40 | Met - Con | Ground Floor Gym | Fitness Instructor | All |