

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 20/04/2024

### Times for Wednesday 23 September



Time	Session	Facility	Instructor	Level
06:40 - 07:10	Group Cycle Virtual	Group Cycle Studio	Virtual	All
08:15 - 09:00	Group Cycle Virtual RPM	Group Cycle Studio	Virtual	All
09:30 - 10:00	Core 360	Gym	Fitness Instructor	All
09:30 - 10:30	LesMills BODYPUMP	Studio 1	Lazuria	All
10:00 - 10:30	Group Cycle Virtual	Group Cycle Studio	Virtual	All
10:00 - 11:00	Pilates	Studio 2	Amar Sahota	All
10:30 - 11:30	Virtual Cycle - Female Only	Group Cycle Studio	Virtual	
10:45 - 11:30	LesMills BODYATTACK	Studio 1	Lazuria	All
12:00 - 13:00	Yoga	Studio 2	Yasmine C	All
12:00 - 13:00	Women Only HIIT	Studio 1	Mary	All
12:10 - 12:40	Functional 360	Studio 1	Fitness Instructor	All
12:10 - 12:40	Group Cycle - Women Only	Group Cycle Studio	Virtual	All
13:30 - 14:30	LesMills BODYBALANCE	Studio 2	Jackee	50+
14:00 - 14:30	Group Cycle Virtual	Group Cycle Studio	Virtual	All
16:30 - 17:15	YoungGen	Gym	Fitness Instructor	All
18:00 - 18:45	Group Cycle - Women Only	Group Cycle Studio	Mary	All
18:15 - 19:00	LesMills BODYPUMP	Studio 1	Amy A	All
18:30 - 19:00	Blitz 360	Ground Floor Gym	Fitness Instructor	All
18:30 - 19:30	Power Yoga	Studio 2	Amaani	All
19:10 - 20:00	LesMills BODYATTACK	Studio 1	Amy A	All
19:15 - 20:00	Group Cycle	Group Cycle Studio	Paul	All

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
19:15 - 20:15	Aqua Zumba	Teaching Pool	Naila	All
20:00 - 21:00	LesMills BODYBALANCE	Studio 2	Jackee	All
20:30 - 21:30	Aquafit	Teaching Pool	Naila	All