

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 24/04/2024

Times for Thursday 24 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