## **Group Exercise Classes** Atherton Leisure Centre

## Accurate as of 15/05/2024

Times for Monday 26 July				<b>(</b>
Time	Session	Facility	Instructor	Level
09:30 - 10:30	LesMills BODYATTACK	Studio 1	Melissa O	All
11:00 - 12:00	LesMills BODYPUMP	Studio 1	Melissa O	All
18:00 - 19:00	LesMills BODYPUMP	Studio 1	Izzy R	All
19:15 - 20:00	Les Mills Attack	Studio 2	Izzy R	All