

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 14/05/2024

| Times for Tuesday 27 July | | | | |
|---------------------------|---------------------|----------|------------|-------|
| Time | Session | Facility | Instructor | Level |
| 09:30 - 10:30 | LesMills BODYCOMBAT | Studio 1 | Gosia | All |
| 11:00 - 12:00 | Yoga | Studio 1 | Anya | All |
| 18:00 - 19:00 | LesMills BODYPUMP | Studio 1 | Melissa O | All |