

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 23/04/2024

### Times for Friday 30 July



Time	Session	Facility	Instructor	Level
09:30 - 10:30	LesMills BODYATTACK	Studio 1	Melissa O	All
11:00 - 12:00	LesMills BODYPUMP	Studio 1	Tason	All
18:00 - 19:00	LesMills BODYATTACK	Studio 1	Izzy R	All