

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 05/05/2024

Times for Saturday 31 July				
Time	Session	Facility	Instructor	Level
10:00 - 11:00	LesMills BODYATTACK	Studio 1	Amy	All
11:30 - 12:30	LesMills BODYPUMP	Studio 1	Amy	All
13:00 - 14:00	Yoga	Group Cycle Studio	Jackee	All