Group Exercise Classes Atherton Leisure Centre

Accurate as of 09/04/2024

Times for Thursday 5 August				0
Time	Session	Facility	Instructor	Level
09:30 - 10:30	Yoga	Studio 1	Anya	All
09:45 - 10:45	LesMills BODYBALANCE	Studio 2	Francis	All
11:00 - 12:00	HIIT	Studio 1	Dave	All
18:00 - 19:00	Zumba Step	Studio 1	Pachelle	All