

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 02/05/2024

Times for Thursday 14 October				
Time	Session	Facility	Instructor	Level
09:30 - 10:30	Yoga	Studio 1	Anya	All
11:00 - 12:00	HIIT	Studio 1	Dave	All
18:00 - 19:00	Zumba Step	Studio 1	Pachelle	All