

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 22/05/2022

### Times for Monday 18 October



Time	Session	Facility	Instructor	Level
09:30 - 10:30	LesMills BODYATTACK	Studio 1	Melissa O	All
11:00 - 12:00	LesMills BODYPUMP	Studio 1	Melissa O	All
18:00 - 19:00	LesMills BODYPUMP	Studio 1	Izzy R	All
19:15 - 20:00	LesMills BODYATTACK	Studio 1	Izzy R	All