

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 02/07/2022

Times for Thursday 21 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 |