Group Exercise Classes

Atherton Leisure Centre

Accurate as of 20/04/2024

Times for Wednesday 26 January

Time	Session	Facility	Instructor	Level
09:30 - 10:30	LesMills GRIT (STRENGTH)	Studio 1	Lazuria	All
11:00 - 12:00	LesMills BODYPUMP	Studio 1	Lazuria	All
18:00 - 19:00	LesMills BODYPUMP	Studio 1	Amy	All
19:15 - 20:00	Balance	Group Cycle Studio	Francis	All