

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 02/07/2022

Times for Saturday 29 January



| Time | Session | Facility | Instructor | Level |
|---------------|---------------------|--------------------|------------|-------|
| 10:00 - 11:00 | LesMills BODYATTACK | Studio 1 | Amy | All |
| 11:30 - 12:30 | LesMills BODYPUMP | Studio 1 | Amy | All |
| 13:00 - 14:00 | Yoga | Group Cycle Studio | Jackee | All |