

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 21 June



| Time | Session | Facility | Instructor | Level |
|---------------|---------------------|----------|--------------------|-------|
| 09:30 - 10:00 | Met - Con | Gym | Fitness Instructor | All |
| 09:30 - 10:30 | LesMills BODYPUMP | Studio 2 | Melissa O | All |
| 09:30 - 10:30 | LesMills BODYCOMBAT | Studio 1 | Gosia | All |
| 11:00 - 12:00 | Yoga | Studio 1 | Anya | All |
| 18:00 - 19:00 | LesMills BODYPUMP | Studio 1 | Melissa O | All |
| 18:30 - 19:00 | Total Body 360 | Gym | Fitness Instructor | All |
| 19:00 - 20:00 | Pilates | Studio 2 | Vilma | All |