

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 26/04/2024

Times for Tuesday 28 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