

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 24/04/2024

Times for Thursday 30 June



Time	Session	Facility	Instructor	Level
09:30 - 10:00	LBT 360	Gym	Fitness Instructor	All
09:30 - 10:30	Yoga	Studio 1	Anya	All
09:45 - 10:45	LesMills BODYBALANCE	Group Cycle Studio	Francis	All
10:30 - 11:30	LesMills BODYPUMP	Studio 2	Tason	All
11:00 - 12:00	HIIT	Studio 1	Dave	All
18:00 - 19:00	Zumba Step	Studio 1	Pachelle	All
18:30 - 19:00	HIIT	Gym	Fitness Instructor	All
19:30 - 20:30	Aqua Zumba	Teaching Pool	Pachelle	All