

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 23/04/2024

Times for Monday 4 July



Time	Session	Facility	Instructor	Level
09:30 - 10:00	LBT 360	Gym	Fitness Instructor	All
09:30 - 10:30	LesMills BODYATTACK	Studio 1	Melissa O	All
11:00 - 12:00	LesMills BODYPUMP	Studio 1	Melissa O	All
18:00 - 19:00	LesMills BODYPUMP	Studio 1	Izzy R	All
18:30 - 19:00	HIIT	Gym	Fitness Instructor	All
19:15 - 20:00	LesMills BODYATTACK	Studio 1	Izzy R	All
19:30 - 20:30	Yoga	Studio 2	Fitness Instructor	All