

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 27/04/2024

Times for Friday 8 July



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