

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 30/04/2024

Times for Saturday 9 July



Time	Session	Facility	Instructor	Level
09:15 - 10:15	LesMills BODYATTACK	Studio 1	Amy	All
10:00 - 10:30	Met - Con	Gym	Fitness Instructor	All
10:30 - 11:30	LesMills BODYPUMP	Studio 1	Amy	All
13:00 - 14:00	Yoga	Group Cycle Studio	Jackee	All