

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 02/05/2024

Times for Thursday 18 April



Time	Session	Facility	Instructor	Level
09:15 - 10:15	Spin Cycle	Studio 1	Tason	All
09:30 - 10:00	LBT 360	Gym	Fitness Instructor	All
09:30 - 10:30	Yoga	Studio 2	Anya	All
09:45 - 10:45	LesMills BODYBALANCE	Group Cycle Studio	Jackee	All
11:00 - 12:00	HIIT	Studio 1	Dave	All
18:30 - 19:00	HIIT	Gym	Fitness Instructor	All
18:30 - 19:30	Zumba Step	Studio 1	Pachelle	All
19:00 - 19:45	Les Mills Attack	Studio 2	Fitness Instructor	All
19:30 - 20:30	LesMills BODYCOMBAT	Studio 1	Gosia	All
19:45 - 20:30	Les Mills BODYPUMP 100	Studio 1	Fitness Instructor	All
20:00 - 21:00	Aqua Zumba	Teaching Pool	Pachelle	All