

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 02/05/2024

Times for Friday 19 April



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
10:45 - 11:45	LesMills BODYPUMP	Studio 1	Tason	All
12:15 - 12:45	HIIT	Gym	Fitness Instructor	All
18:00 - 19:00	LesMills BODYATTACK	Studio 1	Alex	All
18:00 - 19:00	Let's Lift	Ground Floor Gym	Fitness Instructor	All
18:30 - 19:00	Met - Con	Gym	Fitness Instructor	All
19:00 - 20:00	Yoga	Studio 2	Carly	All
19:15 - 20:15	LesMills BODYPUMP	Studio 1	Alex	All