

Group Exercise Classes

Atherton Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor	Level
08:30 - 09:30	LesMills BODYCOMBAT	Studio 1	Fitness Instructor	All
09:30 - 10:00	Met - Con	Gym	Fitness Instructor	All
09:30 - 10:30	LesMills BODYATTACK	Studio 1	Fitness Instructor	All
09:45 - 10:45	Yoga	Studio 2	Anya	1
11:00 - 12:00	Yoga	Studio 1	Anya	All
12:15 - 13:00	Strength Zone	Ground Floor Gym	Fitness Instructor	All
18:00 - 19:00	LesMills BODYPUMP	Studio 1	Melissa O	All
18:30 - 19:00	Total Body 360	Gym	Fitness Instructor	All
19:00 - 20:00	Body Balance	Studio 2	Jade	All
19:15 - 20:00	HIIT	Studio 1	Melissa O	All
19:30 - 20:30	Aqua Zumba	Teaching Pool	Debbie	All