

Group Exercise Timetable

Downham Health & Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 24 November



Time	Session	Facility	Type
7:15 am - 7:45 am	Les Mills Grit Cardio Virtual	Fitness Studio	Body Conditioning
8:15 am - 8:45 am	Les Mills BODY BALANCE	Fitness Studio	Calm
9:15 am - 9:45 am	Les Mills Body Pump Virtual	Fitness Studio	Body Conditioning
10:15 am - 10:45 am	Les Mills Sprint Virtual	Fitness Studio	Body Conditioning
11:15 am - 12:00 pm	Pilates	Fitness Studio	Calm
12:15 pm - 12:45 pm	Les Mills Body Combat Virtual	Fitness Studio	Body Conditioning
1:15 pm - 1:45 pm	Les Mills Body Pump Virtual	Fitness Studio	Body Conditioning
2:15 pm - 2:45 pm	Les Mills RPM Virtual	Fitness Studio	Body Conditioning
3:15 pm - 3:45 pm	Les Mills Grit Cardio Virtual	Fitness Studio	Body Conditioning
4:15 pm - 4:45 pm	Les Mills Body Combat Virtual	Fitness Studio	Body Conditioning
5:15 pm - 5:45 pm	Les Mills CXWorx Virtual	Fitness Studio	Body Conditioning
6:15 pm - 6:45 pm	Les Mills Body Pump Virtual	Fitness Studio	Body Conditioning
7:15 pm - 8:00 pm	Zumba	Fitness Studio	Aerobic