

# Group Exercise Timetable

## Great Dunmow Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 17 September



Time	Session	Facility	Type
7:15 am - 8:00 am	Les Mills RPM Virtual	Studio	Body Conditioning
9:15 am - 10:00 am	Les Mills Body Pump Virtual	Studio	Body Conditioning
10:15 am - 11:00 am	Les Mills Body Combat Virtual	Studio	Body Conditioning
11:15 am - 11:45 am	Les Mills Body Balance Virtual	Studio	Body Conditioning
12:15 pm - 1:00 pm	Les Mills RPM Virtual	Studio	Body Conditioning
1:15 pm - 2:00 pm	Les Mills Sh'bam Virtual	Studio	Body Conditioning
5:15 pm - 6:00 pm	Les Mills Body Pump Virtual	Studio	Body Conditioning
6:00 pm - 6:45 pm	Body Blast	Studio	Aerobic