

Group Exercise Timetable

Great Dunmow Leisure Centre

Accurate as of 28/04/2024

Times for Friday 18 September



Time	Session	Facility	Type
7:15 am - 7:45 am	Les Mills Barre Virtual	Studio	Body Conditioning
8:15 am - 9:00 am	Les Mills The Trip 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 Balance Virtual	Studio	Body Conditioning
2:15 pm - 2:45 pm	Les Mills Barre Virtual	Studio	Body Conditioning
4:15 pm - 4:45 pm	Les Mills Body Combat Virtual	Studio	Body Conditioning
5:15 pm - 5:45 pm	Les Mills Sprint Virtual	Studio	Body Conditioning
6:00 pm - 6:45 pm	HIIT	Studio	Body Conditioning
7:00 pm - 7:45 pm	Yoga (mixed)	Studio	Calm