

Group Exercise Timetable

Great Dunmow Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 19 September



Time	Session	Facility	Type
7:15 am - 8:00 am	Les Mills Body Pump Virtual	Studio	Body Conditioning
8:15 am - 8:45 am	Les Mills Sh'bam Virtual	Studio	Body Conditioning
9:00 am - 9:45 am	Body Pump	Studio	Body Conditioning
10:00 am - 10:45 am	Les Mills BODY ATTACK	Studio	Aerobic
11:15 am - 12:00 pm	Les Mills Body Balance Virtual	Studio	Body Conditioning
12:15 pm - 12:45 pm	Les Mills Body Combat Virtual	Studio	Body Conditioning