

Group Exercise Timetable

Great Dunmow Leisure Centre

Accurate as of 25/04/2024

Times for Wednesday 23 September



Time	Session	Facility	Type
7:15 am - 8:00 am	Les Mills Body Pump Virtual	Studio	Body Conditioning
8:15 am - 9:00 am	Les Mills The Trip Virtual	Studio	Body Conditioning
9:30 am - 10:15 am	Les Mills BODY ATTACK	Studio	Aerobic
10:30 am - 11:15 am	Pilates	Studio	Calm
12:15 pm - 1:00 pm	Les Mills Body Combat Virtual	Studio	Body Conditioning
2:15 pm - 2:45 pm	Les Mills Grit Plyo Virtual	Studio	Body Conditioning
4:15 pm - 5:00 pm	Les Mills Body Balance Virtual	Studio	Body Conditioning
5:15 pm - 5:45 pm	Les Mills Barre Virtual	Studio	Body Conditioning
6:15 pm - 7:15 pm	Les Mills Body Combat Virtual	Studio	Body Conditioning
7:15 pm - 8:00 pm	Les Mills CXWorx Virtual	Studio	Body Conditioning