

Group Exercise Timetable

Great Dunmow Leisure Centre

Accurate as of 19/04/2024

Times for Thursday 24 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 |