

# Group Exercise Timetable

## Great Dunmow Leisure Centre

Accurate as of 03/05/2024

### Times for Sunday 27 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 Body Combat Virtual	Studio	Body Conditioning
9:00 am - 9:45 am	Les Mills BODY COMBAT	Studio	Aerobic
10:15 am - 11:00 am	Les Mills Body Balance Virtual	Studio	Body Conditioning
12:15 pm - 12:45 pm	Les Mills CXWorx Virtual	Studio	Body Conditioning