

Group Exercise Timetable

Great Dunmow Leisure Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Type
7:15 am - 8:15 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 - 11:15 am	Les Mills Body Balance Virtual	Studio	Body Conditioning
4:15 pm - 5:00 pm	Les Mills The Trip Virtual	Studio	Body Conditioning
4:15 pm - 5:00 pm	Les Mills The Trip Virtual	Studio	Body Conditioning
6:00 pm - 6:45 pm	Les Mills BODY COMBAT	Outdoor Tennis Court	Aerobic
6:15 pm - 7:00 pm	Les Mills Body Balance Virtual	Studio	Body Conditioning
7:00 pm - 7:45 pm	Stretch and Tone	Outdoor Tennis Court	Calm
7:15 pm - 8:00 pm	Les Mills Body Pump Virtual	Studio	Body Conditioning
8:15 pm - 8:45 pm	Les Mills CXWorx Virtual	Studio	Body Conditioning