

# Group Exercise Timetable

## Lord Butler Fitness & Leisure Centre

Accurate as of 01/05/2024

### Times for Thursday 17 September



Time	Session	Facility	Type
9:15 am - 9:45 am	LesMills BODYBALANCE (virtual)	Studio	Calm
10:05 am - 10:50 am	Les Mills BODY ATTACK	Studio	Aerobic
11:05 am - 11:50 am	Les Mills BODY BALANCE	Studio	Calm
12:15 pm - 12:45 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
1:15 pm - 1:45 pm	LesMills SH'BAM (virtual)	Studio	Aerobic
2:15 pm - 2:45 pm	Les Mills Sprint Virtual	Studio	Body Conditioning
3:15 pm - 3:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
4:05 pm - 4:50 pm	LesMills BODYPUMP (virtual)	Studio	Aerobic
5:15 pm - 5:45 pm	LesMills GRIT STRENGTH (v)	Studio	Body Conditioning
6:15 pm - 6:45 pm	Les Mills Barre Virtual	Studio	Body Conditioning
7:15 pm - 7:45 pm	Les Mills RPM Virtual	Studio	Body Conditioning