

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 19 September



Time	Session	Facility	Type
9:15 am - 9:45 am	LesMills BODYPUMP (virtual)	Studio	Aerobic
10:15 am - 10:45 am	Les Mills The Trip Virtual	Studio	Body Conditioning
11:05 am - 11:50 am	LesMills BODYBALANCE (virtual)	Studio	Calm
12:15 pm - 12:45 pm	LesMills BODYCOMBAT (virtual)	Studio	Aerobic