

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 29/04/2024

Times for Sunday 20 September			
Time	Session	Facility	Type
9:05 am - 9:50 am	LesMills BODYPUMP (virtual)	Studio	Aerobic
10:05 am - 10:50 am	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
11:15 am - 11:45 am	LesMills CXWORX (virtual)	Studio	Body Conditioning