

# Group Exercise Timetable

## Lord Butler Fitness & Leisure Centre

Accurate as of 20/04/2024

### Times for Monday 21 September



Time	Session	Facility	Type
9:05 am - 9:50 am	LesMills BODYPUMP (virtual)	Studio	Aerobic
10:15 am - 10:45 am	LesMills SH'BAM (virtual)	Studio	Aerobic
11:05 am - 11:50 am	LesMills BODYPUMP	Studio	Aerobic
12:05 pm - 12:50 pm	Les Mills BODY BALANCE	Studio	Calm
2:15 pm - 2:45 pm	Les Mills Barre Virtual	Studio	Body Conditioning
3:15 pm - 3:45 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning
4:15 pm - 4:55 pm	Les Mills The Trip Virtual	Studio	Body Conditioning
5:15 pm - 5:45 pm	LesMills GRIT CARDIO (v)	Studio	Cardio
6:05 pm - 6:50 pm	LesMills BODYPUMP	Studio	Aerobic
7:05 pm - 7:50 pm	Les Mills BODY ATTACK	Studio	Aerobic