

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 20/04/2024

Times for Tuesday 22 September



Time	Session	Facility	Type
9:30 am - 10:15 am	LesMills BODYPUMP	Studio	Aerobic
10:30 am - 11:00 am	LesMills BODYBALANCE (virtual)	Studio	Calm
11:15 am - 11:55 am	Les Mills The Trip Virtual	Studio	Body Conditioning
12:15 pm - 12:45 pm	Les Mills Barre Virtual	Studio	Body Conditioning
1:15 pm - 2:15 pm	Cardiac GP Referral	Studio	Cardio
2:15 pm - 2:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
3:00 pm - 4:00 pm	Cardiac Rehab	Studio	Cardio
4:15 pm - 4:45 pm	LesMills GRIT STRENGTH (v)	Studio	Body Conditioning
5:15 pm - 5:45 pm	Les Mills RPM Virtual	Studio	Body Conditioning
6:05 pm - 6:50 pm	Les Mills BODY STEP	Studio	Aerobic
7:15 pm - 7:45 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning