

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 23/04/2024

Times for Wednesday 23 September



Time	Session	Facility	Type
9:05 am - 9:50 am	Les Mills BODY ATTACK	Studio	Aerobic
10:05 am - 10:50 am	LesMills BODYPUMP	Studio	Aerobic
11:05 am - 11:50 am	LesMills BODYSTEP	Studio	Aerobic
12:05 pm - 12:50 pm	Les Mills BODY BALANCE	Studio	Calm
1:15 pm - 1:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
2:15 pm - 2:45 pm	LesMills GRIT PLYO (v)	Studio	Cardio
3:15 pm - 3:45 pm	LesMills SH'BAM (virtual)	Studio	Aerobic
4:15 pm - 4:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
5:15 pm - 5:55 pm	Les Mills Barre Virtual	Studio	Body Conditioning
6:15 pm - 6:45 pm	LesMills CXWORX (virtual)	Studio	Body Conditioning
7:05 pm - 7:50 pm	Les Mills BODY ATTACK	Studio	Aerobic