

Group Exercise Timetable

Lord Butler Fitness & Leisure Centre

Accurate as of 16/09/2026

Times for Friday 18 September



Time	Session	Facility	Type
9:05 am - 9:50 am	LesMills BODYPUMP	Studio	Aerobic
10:05 am - 10:50 am	LesMills BODYSTEP	Studio	Aerobic
11:15 am - 11:45 am	Les Mills RPM Virtual	Studio	Body Conditioning
12:15 pm - 12:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
1:05 pm - 1:50 pm	LesMills BODYPUMP (virtual)	Studio	Aerobic
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 - 4:45 pm	LesMills BODYCOMBAT (virtual)	Studio	Aerobic
5:15 pm - 5:45 pm	Les Mills Sprint Virtual	Studio	Body Conditioning
6:15 pm - 6:45 pm	LesMills BODYBALANCE (virtual)	Studio	Calm
7:15 pm - 7:45 pm	LesMills SH'BAM (virtual)	Studio	Aerobic