

# Group Fitness Timetable

## Applemore Health and Leisure

Accurate as of 29/04/2024

### Times for Monday 15 August



Time	Session	Facility	Instructor	# Lanes
6:45 am - 7:30 am	Les Mills BODYPUMP™	The Studio	Virtual	
7:35 am - 8:05 am	Les Mills BARRE™	The Studio	Virtual	
8:15 am - 8:45 am	Les Mills GRIT™	The Studio	Virtual	
9:15 am - 10:10 am	Body Conditioning	The Studio	Shona	
9:30 am - 10:25 am	Cardiac Circuits	Studio 1	Activity Referral	
10:40 am - 11:35 am	COPD Circuits	Studio 1	Activity Referral	
11:20 am - 12:15 pm	Pilates	The Studio	Ellie	
11:45 am - 12:40 pm	Health Circuits	Studio 1	Activity Referral	
5:15 pm - 5:45 pm	ELEVATE™	The Gym	Hollie	
5:55 pm - 6:50 pm	Les Mills BODYPUMP™	The Studio	Paul	
6:00 pm - 6:55 pm	Zumba®	Sports Hall	Lesley	
6:15 pm - 7:00 pm	Studio Cycling	Cycling Studio	Danielle/Jen	
7:00 pm - 7:55 pm	Les Mills BODYBALANCE™	The Studio	Caroline	