

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 29/04/2024

Times for Thursday 18 August



Time	Session	Facility	Instructor	# Lanes
6:45 am - 7:30 am	Les Mills BODYATTACK™	The Studio	Virtual	
7:35 am - 8:20 am	Les Mills BODYBALANCE™	The Studio	Virtual	
9:15 am - 10:10 am	Les Mills BODYPUMP™	The Studio	Caroline	
9:45 am - 10:15 am	ELEVATE™	The Gym	Max	
11:30 am - 12:25 pm	Health Circuits	Studio 1	Activity Referral	
6:05 pm - 7:00 pm	Les Mills BODYPUMP™	The Studio	Shona	
6:15 pm - 7:00 pm	Studio Cycling	Cycling Studio	Kirsty	
7:15 pm - 8:10 pm	Fitness Yoga	The Studio	Laura	
7:15 pm - 8:10 pm	FitSteps™	Studio 1	Kirsty	