Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 12/10/2024

Times for Sunday 21 August

Time	Session	Facility	Instructor	# Lanes
9:00 am - 9:55 am	Les Mills BODYCOMBAT™	The Studio	Jennifer	
5:00 pm - 5:45 pm	Les Mills BODYBALANCE™	The Studio	Virtual	