

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 27/04/2024

Times for Tuesday 23 August



Time	Session	Facility	Instructor	# Lanes
9:05 am - 10:00 am	Aqua Aerobics	Main Pool	Karen	
9:15 am - 9:45 am	ELEVATE™	The Gym	Max	
9:15 am - 10:10 am	Les Mills BODYPUMP™	The Studio	Shona	
10:20 am - 11:15 am	Hatha Yoga	The Studio	Georgina	
1:30 pm - 2:25 pm	Steady & Strong	Studio 1	Activity Referral	
6:05 pm - 6:55 pm	Les Mills BODYPUMP™	The Studio	Shona	
6:15 pm - 7:00 pm	Studio Cycling	Cycling Studio	Kirsty	
6:15 pm - 7:10 pm	Pilates	Studio 1	Ellie	
7:10 pm - 8:05 pm	Les Mills BODYCOMBAT™	The Studio	Jennifer	
7:20 pm - 8:15 pm	Hatha Yoga	Studio 1	Laura	