Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 12/10/2024

Times for Wednesday 24 August

Time	Session	Facility	Instructor	# Lanes
9:15 am - 9:45 am	ELEVATE™	The Gym	Gym Team	
9:15 am - 10:00 am	Body Conditioning	The Studio	Shona	
10:20 am - 11:15 am	Pilates	The Studio	Ellie	
11:25 am - 12:10 pm	Les Mills SH'BAM™	The Studio	Virtual	
12:15 pm - 1:00 pm	Les Mills BODYATTACK™	The Studio	Virtual	
5:15 pm - 5:45 pm	ELEVATE™	The Gym	Gym Team	
6:00 pm - 6:55 pm	Body Conditioning	The Studio	Kirsty	
7:10 pm - 8:05 pm	Step	The Studio	Kirsty	
7:25 pm - 8:10 pm	Aqua Hydrolates	Main Pool	Katie	
8:10 pm - 8:55 pm	Les Mills BODYBALANCE™	The Studio	Virtual	