

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 28/04/2024

| Times for Thursday 25 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 | |