

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 29/04/2024

Times for Friday 26 August



Time	Session	Facility	Instructor	# Lanes
6:45 am - 7:15 am	Les Mills SPRINT™	The Studio	Virtual	
7:20 am - 7:50 am	Les Mills CORE™	The Studio	Virtual	
9:05 am - 9:50 am	Aqua Aerobics	Main Pool	Katie	
9:15 am - 9:45 am	ELEVATE™	The Gym	Hollie	
9:15 am - 10:10 am	Body Conditioning	The Studio	Cher	
10:20 am - 11:15 am	Les Mills BODYBALANCE™	The Studio	Jennifer	
11:30 am - 12:30 pm	Les Mills BODYPUMP™	The Studio	Virtual	
4:50 pm - 5:20 pm	Les Mills SPRINT™	The Studio	Virtual	
5:30 pm - 6:25 pm	Les Mills BODYPUMP™	The Studio	Caroline	
6:35 pm - 7:20 pm	Kettlebells	The Studio	Danielle	