

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 09/05/2024

Times for Sunday 28 August				
Time	Session	Facility	Instructor	# Lanes
9:00 am - 9:55 am	Les Mills BODYCOMBAT™	The Studio	Jennifer	
4:10 pm - 4:40 pm	Les Mills SPRINT™	The Studio	Virtual	
5:00 pm - 5:45 pm	Les Mills BODYBALANCE™	The Studio	Virtual	