

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility	Instructor	# Lanes
6:45 am - 7:30 am	Les Mills BODYPUMP™	The Studio	Virtual	
7:35 am - 8:05 am	Les Mills BARRE™	The Studio	Virtual	
8:15 am - 8:45 am	Les Mills GRIT™	The Studio	Virtual	
9:15 am - 9:45 am	ELEVATE™	The Gym	Jonathon	
9:15 am - 10:10 am	Body Conditioning	The Studio	Shona	
9:30 am - 10:15 am	Studio Cycling	Cycling Studio	Danielle	
9:30 am - 10:25 am	Cardiac Circuits	Studio 1	Activity Referral	
10:20 am - 11:15 am	Les Mills BODYCOMBAT™	The Studio	Jennifer	
10:40 am - 11:35 am	COPD Circuits	Studio 1	Activity Referral	
11:20 am - 12:15 pm	Pilates	The Studio	Ellie	
11:45 am - 12:40 pm	Health Circuits	Studio 1	Activity Referral	
4:50 pm - 5:45 pm	Pilates	The Studio	Ella	
5:15 pm - 5:45 pm	ELEVATE™	The Gym	Hollie	
5:55 pm - 6:50 pm	Les Mills BODYPUMP™	The Studio	Paul	
6:00 pm - 6:55 pm	Zumba®	Sports Hall	Lesley	
6:15 pm - 7:00 pm	Studio Cycling	Cycling Studio	Jennifer	
7:00 pm - 7:55 pm	Les Mills BODYBALANCE™	The Studio	Caroline	
7:00 pm - 7:55 pm	Circuits	Sports Hall	Kirsty	
8:05 pm - 8:35 pm	Les Mills SH'BAM™	The Studio	Virtual	