

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 19/05/2024

Times for Tuesday 23 April



| Time | Session | Facility | Instructor | # Lanes |
|---------------------|-------------------------------|----------------|-------------------|---------|
| 7:00 am - 7:45 am | Studio Cycling | Cycling Studio | Cher | |
| 8:30 am - 11:00 am | Table Tennis (Forever Active) | Studio 1 | No Instructor | |
| 8:30 am - 11:00 am | Short Tennis (Forever Active) | Sports Hall | No Instructor | |
| 9:15 am - 9:45 am | ELEVATE™ | The Gym | Max | |
| 9:15 am - 10:10 am | Les Mills BODYPUMP™ | The Studio | Shona | |
| 10:20 am - 11:15 am | Hatha Yoga | The Studio | Georgina | |
| 11:30 am - 12:25 pm | Aerobics (Forever Active) | The Studio | Caroline | |
| 1:30 pm - 2:25 pm | Steady & Strong | Studio 1 | Activity Referral | |
| 5:25 pm - 5:55 pm | Kettlebells | The Studio | Kirsty | |
| 6:05 pm - 6:55 pm | Les Mills BODYPUMP™ | The Studio | Shona | |
| 6:15 pm - 7:00 pm | Studio Cycling | Cycling Studio | Kirsty | |
| 6:15 pm - 7:10 pm | Pilates | Studio 1 | Ellie | |
| 7:10 pm - 8:05 pm | Les Mills BODYCOMBAT™ | The Studio | Jennifer | |
| 7:20 pm - 8:15 pm | Hatha Yoga | Studio 1 | Laura | |