

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 06/05/2024

Times for Sunday 28 April



Time	Session	Facility	Instructor	# Lanes
9:00 am - 9:55 am	Les Mills BODYCOMBAT™	The Studio	Jennifer	
9:15 am - 9:45 am	ELEVATE™	The Gym	Jonathon	
10:05 am - 10:50 am	Les Mills BODYPUMP™	The Studio	Jennifer	
11:05 am - 12:00 pm	Les Mills BODYBALANCE™	The Studio	Kirsty	
4:10 pm - 4:40 pm	Les Mills SPRINT™	The Studio	Virtual	
5:00 pm - 5:45 pm	Les Mills BODYBALANCE™	The Studio	Virtual	