

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 05/05/2024

Times for Monday 29 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 | |