

Group Fitness Timetable

Applemore Health and Leisure

Accurate as of 19/05/2024

Times for Saturday 4 May



Time	Session	Facility	Instructor	# Lanes
8:00 am - 8:45 am	Studio Cycling	Cycling Studio	Toby	
8:00 am - 8:45 am	Les Mills BODYPUMP™	The Studio	Paul	
9:00 am - 9:45 am	Studio Cycling	Cycling Studio	Toby	
9:00 am - 9:45 am	Les Mills BODYCOMBAT™	The Studio	Paul	
10:00 am - 10:55 am	Les Mills BODYBALANCE™	The Studio	Jennifer	
5:00 pm - 5:35 pm	Les Mills BODYPUMP™	The Studio	Virtual	