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|-------------------------------------|---------------------------|---------------|--------------------------------|---------------|---------------|---------------|---------------|---------------|
| <b>Hendon Leisure Centre</b>        | <b>Group cycle</b>        | 18:00 - 18:45 | 10:00 - 10:30<br>19:00 - 19:45 | 19:00 - 19:45 | 18:00 - 18:45 |               | 09:45 - 10:30 |               |
|                                     | <b>Body Conditioning</b>  |               |                                | 11:30 - 12:30 |               |               |               |               |
|                                     | <b>Yoga</b>               |               |                                |               | 07:00 - 08:00 |               |               |               |
|                                     | <b>Virtual Classes</b>    | All           | All                            | All           | All           | All           | All           | All           |
| <b>New Barnet Leisure Centre</b>    | <b>HIIT</b>               |               |                                | 12:45 - 13:15 |               |               |               |               |
|                                     | <b>Combat</b>             |               |                                |               | 20:15 - 21:00 |               |               |               |
|                                     | <b>Pilates</b>            |               |                                |               |               |               | 13:30 - 14:30 |               |
|                                     | <b>Tai Chi</b>            |               |                                |               |               |               |               | 12:15 - 13:10 |
|                                     | <b>Virtual Classes</b>    | All           | All                            | All           | All           | All           | All           | All           |
| <b>Finchley Lido Leisure Centre</b> | <b>Circuit Training</b>   |               | 07:00 - 08:00                  |               |               |               |               |               |
|                                     | <b>HIIT</b>               |               | 13:30 - 14:15                  |               |               |               |               |               |
|                                     | <b>Yoga</b>               |               |                                |               | 07:15 - 08:15 |               |               |               |
|                                     | <b>Functional Fitness</b> |               |                                |               | 12:15 - 12:55 |               |               |               |
|                                     | <b>Pilates</b>            |               |                                |               |               | 12:15 - 13:15 |               |               |