

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 18/10/2017

(18-10-2017 - 24-10-2017)



Day	Time	Session	Instructor	Level
Wed	06:45 - 07:15	RPM (Virtual)	No Instructor	***
Wed	07:30 - 08:00	BODYPUMP (Virtual)	No Instructor	***
Wed	07:30 - 08:15	RPM (Virtual)	No Instructor	***
Wed	08:15 - 09:15	BODYBALANCE (Virtual)		**
Wed	09:30 - 10:15	RPM	Robert	***
Wed	10:00 - 11:00	Body Pump®	Patrick	***
Wed	11:00 - 11:45	RPM (Virtual)		***
Wed	12:30 - 13:30	Pilates	Angela	**
Wed	13:00 - 13:45	RPM (Virtual)		***
Wed	16:45 - 17:15	RPM (Virtual)		***
Wed	17:15 - 18:00	Body Attack	Stacey	***
Wed	17:30 - 18:00	SPRINT	Lisa B	***
Wed	18:00 - 18:45	Body Pump®	Lisa B	***
Wed	18:15 - 18:45	CXWORX	Stacey	**
Wed	19:00 - 19:30	GRIT Plyo	Mark L	***
Wed	19:00 - 20:00	Pilates	Jayne	**
Wed	19:00 - 19:45	RPM	Lisa B	***
Wed	19:45 - 20:15	GRIT Strength	Mark L	***
Wed	20:00 - 21:00	Pilates	Jayne	**
Wed	20:30 - 21:00	GRIT Cardio	Mark L	***

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>	<b>Level</b>
Thu	08:00 - 08:30	CXWORX (Virtual)		**
Thu	09:15 - 10:00	RPM	Darren	***
Thu	09:30 - 10:15	Body Attack	Stacey	***
Thu	09:45 - 10:45	Tai Chi	Paul	*
Thu	11:00 - 12:00	Low Circuit	Various	*
Thu	12:00 - 12:45	Indoor Cycling	Darren	***
Thu	12:30 - 13:15	SH'BAM (Virtual)		**
Thu	14:45 - 15:45	BODYBALANCE (Virtual)		**
Thu	16:00 - 16:45	RPM	Robert	***
Thu	17:15 - 18:00	Boxercise	Mark L	**
Thu	18:15 - 19:00	BODYCOMBAT	Sarah Pennington	***
Thu	19:00 - 19:30	Abs Blast	Sarah Pennington	**
Thu	19:30 - 20:15	Indoor Cycling	Patrick	***
Thu	19:30 - 20:20	Insanity	Amy Hayes	***
Thu	20:30 - 21:00	CXWORX (Virtual)	No Instructor	**
Fri	07:00 - 07:45	RPM (Virtual)	No Instructor	***
Fri	08:00 - 09:00	BODYPUMP (Virtual)		***
Fri	09:30 - 10:15	RPM	Robert	***
Fri	09:30 - 10:30	BODYCOMBAT	Gareth	***
Fri	10:45 - 11:15	CXWORX (Virtual)		**
Fri	12:00 - 13:00	Yoga	Viv	**
Fri	13:30 - 14:30	BODYPUMP (Virtual)		***
Fri	14:00 - 14:45	RPM (Virtual)		***
Fri	15:00 - 16:00	BODYCOMBAT (Virtual)		***
Fri	16:00 - 16:45	SH'BAM (Virtual)	No Instructor	**

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>	<b>Level</b>
Fri	17:30 - 18:00	SPRINT	Yasmin	***
Fri	18:00 - 18:45	Body Attack	Lois	***
Fri	19:00 - 19:45	Body Pump®	Lois	***
Fri	19:00 - 19:45	RPM (Virtual)		***
Fri	20:00 - 20:30	CXWORX	No Instructor	**
Sat	08:00 - 09:00	BODYBALANCE (Virtual)		*
Sat	09:00 - 09:45	RPM	Dave	***
Sat	10:00 - 11:00	Body Pump®	Dave	***
Sat	11:15 - 12:00	Zumba (14yrs+)	Freestyle Fitness	**
Sat	11:45 - 12:30	RPM (Virtual)		***
Sat	13:30 - 14:30	BODYCOMBAT (Virtual)		***
Sat	14:45 - 15:15	CXWORX (Virtual)		**
Sat	15:30 - 16:15	RPM (Virtual)		**
Sun	08:00 - 08:45	RPM (Virtual)		***
Sun	09:00 - 10:00	BODYBALANCE (Virtual)		**
Sun	10:00 - 10:45	RPM (Virtual)		***
Sun	10:00 - 11:00	Circuits	Fitness Team	***
Sun	11:00 - 12:00	BODYCOMBAT (Virtual)	No Instructor	***
Sun	12:00 - 12:45	RPM (Virtual)		***
Sun	12:30 - 13:00	CXWORX (Virtual)		**
Sun	13:15 - 14:15	BODYCOMBAT (Virtual)		***
Sun	14:30 - 15:15	RPM (Virtual)		***
Mon	07:00 - 07:45	RPM (Virtual)	No Instructor	***
Mon	08:00 - 08:30	CXWORX (Virtual)		**
Mon	09:30 - 10:30	BODYBALANCE (Virtual)		**

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>	<b>Level</b>
Mon	09:30 - 10:15	RPM	Stacey	***
Mon	11:30 - 12:15	RPM (Virtual)		***
Mon	12:30 - 13:30	Yoga	Viv	**
Mon	13:45 - 14:45	BODYPUMP (Virtual)		***
Mon	14:45 - 15:15	CXWORX (Virtual)		**
Mon	15:30 - 16:00	RPM (Virtual)		***
Mon	16:15 - 16:45	BODYCOMBAT (Virtual)		***
Mon	17:30 - 18:15	RPM	Robert	***
Mon	17:30 - 18:15	Body Pump®	Dave	***
Mon	18:15 - 18:45	Abs Blast	Dave	**
Mon	18:30 - 19:15	Run Club		**
Mon	18:30 - 19:30	Pilates	Ruth	**
Mon	19:00 - 19:45	Zumba (14yrs+)	Freestyle Fitness	**
Mon	19:00 - 19:45	RPM	Dave	***
Mon	19:30 - 20:30	Yoga	Ruth	**
Mon	19:45 - 20:30	Zumba (14yrs+)	Freestyle Fitness	**
Mon	20:45 - 21:30	SH'BAM (Virtual)		**
Tue	08:00 - 08:30	CXWORX (Virtual)		**
Tue	09:30 - 10:15	RPM	Stacey	***
Tue	09:45 - 10:45	Tai Chi	Paul	*
Tue	10:00 - 11:00	Low Circuit	Janet	*
Tue	11:15 - 12:15	Low Circuit	Janet	*
Tue	11:30 - 12:15	RPM (Virtual)		***
Tue	12:30 - 13:00	CXWORX (Virtual)	No Instructor	**
Tue	13:05 - 14:05	BODYCOMBAT (Virtual)		***

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Instructor</b>	<b>Level</b>
Tue	14:30 - 15:30	BODYPUMP (Virtual)		***
Tue	16:15 - 17:00	RPM (Virtual)		***
Tue	17:15 - 17:45	GRIT Plyo	Matt	***
Tue	17:30 - 18:15	SH'BAM (Virtual)	No Instructor	**
Tue	17:45 - 18:15	GRIT Cardio	Matt	***
Tue	18:30 - 19:30	BODYCOMBAT	Gareth	***
Tue	18:45 - 19:30	RPM	Yasmin	***
Tue	19:00 - 20:00	Circuits	Fitness Team	***
Tue	19:45 - 20:45	Body Pump®	Patrick	***
Tue	20:00 - 20:45	RPM (Virtual)		***
Tue	20:45 - 21:45	BODYBALANCE (Virtual)		**