

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 24/04/2024

### Times for Tuesday 31 May



| Time          | Session               | Instructor    |
|---------------|-----------------------|---------------|
| 08:00 - 08:30 | CXWORX (Virtual)      |               |
| 09:30 - 10:15 | RPM                   | Stacey        |
| 09:45 - 10:45 | Tai Chi               | Paul          |
| 10:00 - 11:00 | Low Circuit           | Janet         |
| 11:15 - 12:15 | Low Circuit           | Janet         |
| 11:30 - 12:15 | RPM (Virtual)         |               |
| 12:30 - 13:00 | CXWORX (Virtual)      | No Instructor |
| 13:00 - 14:00 | BODYCOMBAT (Virtual)  |               |
| 14:30 - 15:30 | BODYPUMP (Virtual)    |               |
| 16:15 - 17:00 | RPM (Virtual)         |               |
| 17:45 - 18:15 | GRIT Cardio           | Matt          |
| 18:30 - 19:30 | BODYCOMBAT            | Gareth        |
| 19:00 - 19:30 | SPRINT                | Chongwei      |
| 19:45 - 20:45 | Body Pump®            | Chongwei      |
| 20:00 - 20:45 | RPM (Virtual)         |               |
| 20:45 - 21:45 | BODYBALANCE (Virtual) |               |