

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 17/05/2025

### Times for Monday 27 June



| Time          | Session               | Instructor        |
|---------------|-----------------------|-------------------|
| 07:00 - 07:30 | SPRINT (virtual)      | No Instructor     |
| 08:00 - 08:30 | CXWORX (Virtual)      |                   |
| 09:00 - 10:00 | BODYBALANCE (Virtual) |                   |
| 09:30 - 10:15 | RPM                   | Stacey            |
| 11:30 - 12:15 | RPM (Virtual)         |                   |
| 13:45 - 14:45 | BODYPUMP (Virtual)    |                   |
| 14:45 - 15:15 | CXWORX (Virtual)      |                   |
| 15:30 - 16:00 | RPM (Virtual)         |                   |
| 17:30 - 18:15 | RPM                   | Robert            |
| 17:30 - 18:15 | Body Pump®            | Stacey            |
| 18:15 - 18:45 | Abs Blast             | Stacey            |
| 18:30 - 19:15 | Couch to 5k Run Group | Various           |
| 19:00 - 19:45 | RPM                   | Robert            |
| 19:00 - 19:45 | Zumba (14yrs+)        | Freestyle Fitness |
| 19:45 - 20:30 | Zumba (14yrs+)        | Freestyle Fitness |
| 20:45 - 21:30 | SH'BAM (Virtual)      |                   |