

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 23/04/2024

### Times for Saturday 2 July



Time	Session	Instructor
08:45 - 09:15	GRIT Strength	Sam
09:00 - 09:45	RPM	Carla B
09:15 - 09:45	GRIT Plyo	Sam
11:15 - 12:00	Zumba (14yrs+)	Freestyle Fitness
11:45 - 12:30	RPM (Virtual)	
15:30 - 16:15	SH'BAM (Virtual)	Virtual Instructor