

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 26/04/2024

### Times for Sunday 3 July



Time	Session	Instructor
08:00 - 08:45	RPM (Virtual)	
10:00 - 10:45	RPM (Virtual)	
12:00 - 12:30	SPRINT (virtual)	Virtual Instructor
14:30 - 15:15	RPM (Virtual)	