

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 6 December



| 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) | |