Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 28 February

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)	