

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 17/04/2024

### Times for Monday 1 May



| 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)         |               |
| 12:30 - 13:30 | Yoga                  | Viv           |
| 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        |