Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 12/10/2024

Times for Saturday 1 July

Time	Session	Instructor
08:30 - 09:30	BODYBALANCE (Virtual)	
09:00 - 09:45	RPM	Carla B
10:00 - 11:00	Body Pump®	Carla B
11:15 - 12:00	Zumba (14yrs+)	Freestyle Fitness
11:45 - 12:30	RPM (Virtual)	
13:30 - 14:30	BODYCOMBAT (Virtual)	
14:45 - 15:15	CXWORX (Virtual)	
15:30 - 16:15	SH'BAM (Virtual)	Virtual Instructor