

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 03/05/2024

### Times for Saturday 8 July



Time	Session	Instructor
08:45 - 09:30	BODYCOMBAT	Gareth
09:00 - 09:30	SPRINT	Dave
09:35 - 10:20	Body Pump®	Dave
10:30 - 11:00	GRIT Cardio	
10:30 - 11:15	RPM	Various
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