

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 19/04/2024

Times for Saturday 16 December



| 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 |