

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 30/04/2024

Times for Sunday 24 December



Time	Session	Instructor
08:30 - 09:00	CXWORX (Virtual)	No Instructor
09:00 - 09:45	RPM (Virtual)	No Instructor
10:00 - 11:00	BODYCOMBAT (Virtual)	No Instructor
11:00 - 12:00	BODYPUMP (Virtual)	No Instructor