

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 17/05/2025

### Times for Monday 28 May



Time	Session	Instructor
07:00 - 07:30	SPRINT (virtual)	No Instructor
08:00 - 08:30	CXWORX (Virtual)	
08:45 - 09:30	Low Aerobics	Angela
09:00 - 10:00	BODYBALANCE (Virtual)	
09:30 - 10:15	RPM	Stacey
10:00 - 10:45	Low Aerobics	Angela
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	Body Pump®	Stacey
17:30 - 18:15	RPM (Virtual)	No Instructor
18:15 - 18:45	Abs Blast	Stacey
18:30 - 19:15	Couch to 5k Run Group	Various