Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 12/10/2024

Times for Friday 20 July

Time	Session	Instructor
07:00 - 07:45	RPM (Virtual)	No Instructor
08:00 - 09:00	BODYPUMP (Virtual)	
09:30 - 10:15	RPM	Robert
09:30 - 10:30	BODYCOMBAT	Gareth
10:45 - 11:15	HIITSTEP	Stacey
12:00 - 13:00	Yoga	Viv
13:30 - 14:30	BODYPUMP (Virtual)	
14:00 - 14:45	RPM (Virtual)	
15:00 - 16:00	BODYCOMBAT (Virtual)	
16:00 - 16:45	SH'BAM (Virtual)	No Instructor
17:30 - 18:00	SPRINT (virtual)	Virtual Instructor
18:00 - 18:45	Body Attack	Mahtab
19:00 - 19:45	Body Pump®	Mahtab
19:00 - 19:45	RPM (Virtual)	
20:00 - 20:30	CXWORX	No Instructor