

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 04/05/2024

### Times for Wednesday 25 July



| Time          | Session               | Instructor    |
|---------------|-----------------------|---------------|
| 06:45 - 07:15 | SPRINT (virtual)      | No Instructor |
| 07:30 - 08:00 | BODYPUMP (Virtual)    | No Instructor |
| 07:30 - 08:15 | RPM (Virtual)         | No Instructor |
| 08:15 - 09:15 | BODYBALANCE (Virtual) |               |
| 09:30 - 10:15 | RPM                   | Robert        |
| 10:15 - 11:00 | Low Circuit           | Angela        |
| 10:15 - 11:15 | Body Pump®            | Stacey        |
| 11:00 - 11:45 | RPM (Virtual)         |               |
| 11:15 - 12:00 | Low Aerobics          | Angela        |
| 12:30 - 13:30 | Pilates               | Angela        |
| 13:00 - 13:45 | RPM (Virtual)         |               |
| 15:45 - 16:30 | SH'BAM (Virtual)      | No Instructor |
| 16:45 - 17:15 | RPM (Virtual)         |               |
| 17:15 - 18:00 | Body Attack           | Stacey        |
| 18:00 - 18:45 | Body Pump®            | Lisa B        |
| 19:00 - 19:30 | GRIT Series           |               |
| 19:00 - 19:45 | RPM                   | Lisa B        |
| 19:00 - 20:00 | Pilates               | Jayne         |
| 19:30 - 20:00 | GRIT Series           |               |
| 20:00 - 21:00 | Pilates               | Jayne         |