Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 20/04/2024

Times for Thursday 16 August

Time	Session	Instructor
07:00 - 08:00	BODYCOMBAT (Virtual)	No Instructor
08:00 - 08:30	CXWORX (Virtual)	
09:15 - 10:00	Body Attack	Stacey
10:00 - 10:45	RPM	Robert
10:00 - 11:00	Tai Chi	Paul
11:00 - 12:00	Low Circuit	Various
12:15 - 13:00	BODYPUMP (Virtual)	No Instructor
14:45 - 15:45	BODYBALANCE (Virtual)	
16:00 - 16:45	RPM	Robert
17:15 - 18:00	Boxercise	
18:15 - 19:00	BODYCOMBAT	Sarah
19:00 - 19:30	Abs Blast	Sarah
19:00 - 19:45	RPM (Virtual)	Virtual Instructor
20:45 - 21:15	CXWORX (Virtual)	No Instructor