Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 22 August

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