

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 02/05/2024

### Times for Thursday 1 November



Time	Session	Instructor
07:00 - 07:30	Fast 30	Various
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
12:00 - 12:30	SPRINT (virtual)	Virtual Instructor
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
19:45 - 20:30	Glow	Freestyle Fitness
20:45 - 21:15	CXWORX (Virtual)	No Instructor