

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 19/01/2019

Times for Sunday 13 January



Time	Session	Instructor	Level
08:00 - 08:45	RPM (Virtual)		***
09:00 - 10:00	BODYBALANCE (Virtual)		**
10:00 - 10:45	RPM (Virtual)		***
10:00 - 11:00	Body Attack	Stacey	***
11:00 - 11:30	CXWORX	Stacey	***
12:00 - 12:45	RPM (Virtual)		***
12:30 - 13:00	CXWORX (Virtual)		**
13:15 - 14:15	BODYCOMBAT (Virtual)		***
14:30 - 15:15	RPM (Virtual)		***
14:30 - 15:30	BODYPUMP (Virtual)		***