

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 20/04/2019

Times for Saturday 19 January



Time	Session	Instructor	Level
08:30 - 09:30	BODYBALANCE (Virtual)		*
09:00 - 09:45	RPM	Carla B	***
10:00 - 11:00	Body Pump®	Carla B	***
11:15 - 12:00	Zumba (14yrs+)	Freestyle Fitness	**
11:45 - 12:30	RPM (Virtual)		***
13:30 - 14:30	BODYCOMBAT (Virtual)		***
14:45 - 15:15	CXWORX (Virtual)		**
15:30 - 16:00	SH'BAM (Virtual)	Virtual Instructor	**