

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 17/04/2024

Times for Thursday 24 January



| 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 | |
| 17:30 - 18:15 | RPM (Virtual) | No Instructor |
| 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 |