

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 28/04/2024

Times for Friday 3 May



| Time | Session | Instructor |
|---------------|----------------------|--------------------|
| 07:00 - 07:45 | RPM (Virtual) | No Instructor |
| 08:00 - 09:00 | BODYPUMP (Virtual) | |
| 09:30 - 10:15 | RPM | Robert |
| 09:30 - 10:30 | BODYCOMBAT | Gareth |
| 10:45 - 11:15 | HIITSTEP | Stacey |
| 12:00 - 13:00 | Yoga | Viv |
| 13:30 - 14:30 | BODYPUMP (Virtual) | |
| 14:00 - 14:45 | RPM (Virtual) | |
| 15:00 - 16:00 | BODYCOMBAT (Virtual) | |
| 16:00 - 16:45 | SH'BAM (Virtual) | No Instructor |
| 17:30 - 18:00 | SPRINT (virtual) | Virtual Instructor |
| 18:00 - 18:45 | Body Attack | Mahtab |
| 19:00 - 19:45 | Body Pump® | Mahtab |
| 19:00 - 19:45 | RPM (Virtual) | |
| 20:00 - 20:30 | CXWORX | No Instructor |