

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 3 July



| Time | Session | Instructor |
|---------------|-----------------------|--------------------|
| 06:45 - 07:15 | SPRINT (virtual) | No Instructor |
| 07:30 - 08:00 | BODYPUMP (Virtual) | No Instructor |
| 07:30 - 08:15 | RPM (Virtual) | No Instructor |
| 08:15 - 09:15 | BODYBALANCE (Virtual) | |
| 09:30 - 10:15 | RPM | Robert |
| 10:15 - 11:00 | Low Circuit | Angela |
| 10:15 - 11:15 | Body Pump® | Stacey |
| 11:00 - 11:45 | RPM (Virtual) | |
| 11:15 - 12:00 | Low Aerobics | Angela |
| 12:30 - 13:30 | Pilates | Angela |
| 13:00 - 13:45 | RPM (Virtual) | |
| 15:45 - 16:30 | SH'BAM (Virtual) | No Instructor |
| 16:45 - 17:15 | RPM (Virtual) | |
| 17:15 - 18:00 | Body Attack | Stacey |
| 17:30 - 18:00 | SPRINT (virtual) | Virtual Instructor |
| 18:00 - 18:45 | Body Pump® | Lisa B |
| 19:00 - 19:30 | GRIT Series | |
| 19:00 - 19:45 | RPM | Lisa B |
| 19:00 - 20:00 | Pilates | Jayne |
| 19:30 - 20:00 | GRIT Series | |

Time

Session

Instructor

20:00 - 21:00

Pilates

Jayne