

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 18/04/2024

Times for Monday 26 August



Time	Session	Instructor
07:00 - 07:30	SPRINT (virtual)	Virtual Instructor
08:00 - 08:30	CXWORX (Virtual)	
08:45 - 09:30	Low Aerobics	Angela
09:00 - 10:00	BODYBALANCE (Virtual)	
09:30 - 10:15	RPM	Stacey
10:00 - 10:45	Low Aerobics	Angela
11:30 - 12:15	RPM (Virtual)	
12:30 - 13:30	BODYBALANCE (Virtual)	Virtual Instructor
13:45 - 14:45	BODYPUMP (Virtual)	
14:45 - 15:15	CXWORX (Virtual)	
15:30 - 16:00	RPM (Virtual)	
17:00 - 17:30	HIITSTEP	Stacey
17:30 - 18:15	RPM	Virtual Instructor
18:30 - 19:15	Couch to 5k Run Group	Various