

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 23/04/2024

### Times for Monday 7 October



Time	Session	Instructor
07:00 - 07:30	SPRINT (virtual)	No 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	Yoga	Viv
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	Robert
17:30 - 18:15	Body Pump®	Stacey
18:15 - 18:45	Abs Blast	Stacey
18:30 - 19:15	Couch to 5k Run Group	Various
18:30 - 19:30	Pilates	Ruth
19:00 - 19:45	RPM	Robert
19:00 - 19:45	Zumba (14yrs+)	Freestyle Fitness
19:30 - 20:30	Yoga	Ruth

<b>Time</b>	<b>Session</b>	<b>Instructor</b>
19:45 - 20:30	Zumba (14yrs+)	Freestyle Fitness
20:45 - 21:30	SH'BAM (Virtual)	