

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 23/11/2019

Times for Sunday 13 October



Time	Session	Instructor	Level
08:00 - 08:45	RPM (Virtual)		***
09:00 - 10:00	BODYBALANCE (Virtual)		**
10:00 - 10:45	RPM (Virtual)		***
10:00 - 11:00	BODYCOMBAT	Chantelle S	***
11:15 - 12:15	BODYPUMP (Virtual)	Virtual Instructor	***
12:00 - 12:30	SPRINT (virtual)	Virtual Instructor	***
12:30 - 13:00	CXWORX (Virtual)		**
13:15 - 14:15	BODYCOMBAT (Virtual)		***
14:30 - 15:15	RPM (Virtual)		***
14:30 - 15:30	BODYPUMP (Virtual)		***