Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 24/04/2024

Times for Sunday 20 October

Time	Session	Instructor
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)	