

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 23/04/2024

Times for Sunday 8 December



| 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) | |