

Fitness classes

Ancholme Leisure Centre

Accurate as of 03/05/2024

| Times for Wednesday 29 March | | | |
|------------------------------|----------|---------------|------------|
| Time | Session | Facility | Instructor |
| 09:15 - 10:15 | Aerobics | Sports Hall | Mel |
| 11:00 - 12:00 | Aquacise | Main Pool | Mel |
| 18:00 - 19:00 | Yoga | Leisure Suite | Stuart |