

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 05/05/2024

### Times for Wednesday 5 July



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
19:00 - 20:00	Group cycling	Leisure Suite	Jeff
20:15 - 21:15	Circuits	Sports Hall	Gail