

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 30/04/2024

### Times for Monday 16 October



Time	Session	Facility	Instructor
09:00 - 10:00	Yoga	Leisure Suite	Laura
10:00 - 11:00	Yoga	Leisure Suite	Laura
18:30 - 19:30	Group cycling	Leisure Suite	Andy
20:00 - 21:00	Aquacise	Main Pool	Mel