

Fitness classes

Ancholme Leisure Centre

Accurate as of 28/04/2024

Times for Monday 11 December



| 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 |