

Fitness classes

Ancholme Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 20 December



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
18:00 - 19:00	Stability ball	Leisure Suite	Sam
20:15 - 21:15	Les Mills BodyPump	Sports Hall	Sam