

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 04/05/2024

### Times for Tuesday 23 April



| Time          | Session                       | Facility      | Instructor         |
|---------------|-------------------------------|---------------|--------------------|
| 06:15 - 06:45 | Virtual Les Mills BodyCombat  | Leisure Suite | Virtual instructor |
| 09:10 - 09:55 | Les Mills BodyPump            | Sports Hall   | Laura J            |
| 09:15 - 09:45 | Virtual Les Mills RPM         | Leisure Suite | Virtual instructor |
| 10:00 - 10:45 | Virtual Les Mills BodyPump    | Leisure Suite | Virtual instructor |
| 10:00 - 10:45 | Barre                         | Sports Hall   | Laura J            |
| 10:00 - 11:30 | Yoga                          | Squash Courts | Stuart             |
| 10:45 - 11:30 | FitStep                       | Sports Hall   | Laura J            |
| 12:00 - 12:30 | Rig workout                   | Gym           | Laura J            |
| 12:15 - 13:00 | Virtual Les Mills RPM         | Leisure Suite | Virtual instructor |
| 13:30 - 14:15 | Virtual Les Mills BodyBalance | Leisure Suite | Virtual instructor |
| 15:00 - 15:45 | Good Boost                    | Main Pool     | Simon              |
| 16:00 - 16:45 | Virtual Les Mills BodyPump    | Leisure Suite | Virtual instructor |
| 17:30 - 18:00 | Rig workout                   | Gym           |                    |
| 17:45 - 18:45 | Group cycling                 | Leisure Suite | Andy               |
| 19:00 - 20:30 | Yoga                          | Leisure Suite | Stuart             |