

Class programme at Leigh Leigh Leisure Centre

Accurate as of 17/04/2024

Times for Tuesday 21 November



Time	Session
09:15 - 10:00	BODYPUMP
10:15 - 11:00	RPM
12:00 - 12:30	SPRINT (virtual) (Cancelled)
13:00 - 13:30	RPM (Virtual) (Cancelled)
16:00 - 16:45	RPM (Virtual)
17:45 - 18:30	RPM
18:15 - 19:15	Yoga
18:45 - 19:30	RPM
19:00 - 19:45	5k + Run Group
19:00 - 20:00	Yoga (Cancelled)
19:15 - 20:15	Aeromix (14yrs+)
20:30 - 21:00	SPRINT (virtual)
20:30 - 21:30	X-treme Fitness