

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 28/04/2024

Times for Monday 11 December



Time	Session
07:30 - 08:00	SPRINT (virtual)
08:30 - 09:30	BODYBALANCE (Virtual)
08:30 - 09:30	BODYCOMBAT
12:00 - 12:45	RPM (Virtual)
13:30 - 14:15	RPM (Virtual)
15:00 - 17:00	Racket Sports
15:30 - 16:30	BODYPUMP (Virtual)
17:00 - 17:30	GRIT Cardio
17:15 - 18:00	RPM (Virtual) (Cancelled)
17:30 - 18:00	Total Abs (Cancelled)
17:30 - 18:30	Circuits
18:30 - 19:30	BODYCOMBAT
18:45 - 19:30	RPM (Cancelled)
19:30 - 20:15	RPM (Virtual)
19:45 - 20:30	SH'BAM (Cancelled)
19:45 - 20:45	BODYPUMP
20:30 - 21:15	RPM (Virtual)