

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 19/04/2024

Times for Tuesday 19 December



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