Class programme at Leigh

Leigh Leisure Centre

Accurate as of 12/10/2024

Times for Friday 26 January

Time	Session
07:30 - 08:00	HIIT
08:15 - 09:15	BODYCOMBAT (Virtual)
09:30 - 10:30	Low Aerobics
10:45 - 11:45	Yoga
13:00 - 13:30	CXWORX (Virtual)
14:30 - 15:15	BODYPUMP (Virtual)
17:30 - 18:00	Indoor Cycling
17:45 - 18:45	Fighting 4 Fitness
18:00 - 19:00	Hatton Boxing
18:05 - 18:50	RPM (Virtual)
19:00 - 19:30	Indoor Cycling
19:00 - 19:30	Abs Blast
19:30 - 20:30	BODYPUMP (Virtual)
20:15 - 21:00	RPM (Virtual)