

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 28/04/2024

Times for Friday 30 March



Time	Session
07:30 - 08:00	HIIT
08:15 - 09:15	BODYCOMBAT (Virtual)
09:00 - 09:45	Indoor Cycling
09:15 - 10:15	BODYPUMP
09:30 - 10:30	Low Aerobics
10:30 - 11:30	BODYCOMBAT
10:45 - 11:45	Yoga
11:45 - 12:45	Circuits (14yrs+)
13:00 - 13:30	CXWORX (Virtual)
14:30 - 15:15	BODYPUMP (Virtual)
16:00 - 16:30	Indoor Cycling
17:30 - 18:00	Indoor Cycling (Cancelled)
17:45 - 18:45	Fighting 4 Fitness
18:00 - 19:00	Hatton Boxing (Cancelled)
18:05 - 18:50	RPM (Virtual) (Cancelled)
19:00 - 19:30	Indoor Cycling (Cancelled)
19:00 - 19:30	Abs Blast
19:30 - 20:30	BODYPUMP (Virtual) (Cancelled)
20:15 - 21:00	RPM (Virtual) (Cancelled)