Class programme at Leigh

Leigh Leisure Centre

Accurate as of 12/10/2024

Times for Monday 23 July

Time	Session
07:00 - 07:30	Fast 30
07:30 - 08:00	SPRINT (virtual)
08:30 - 09:30	BODYBALANCE (Virtual)
09:15 - 10:00	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)
17:15 - 18:00	RPM (Virtual)
17:30 - 18:00	Total Abs
17:30 - 18:30	Circuits
18:30 - 19:30	BODYCOMBAT
18:45 - 19:30	RPM
19:00 - 19:30	HIIT
19:30 - 20:15	RPM (Virtual)
19:45 - 20:30	SH'BAM
19:45 - 20:45	BODYPUMP
20:30 - 21:15	RPM (Virtual)