

Class programme at Leigh Leigh Leisure Centre

Accurate as of 26/04/2024

Times for Saturday 22 September



| Time | Session |
|---------------|----------------------|
| 08:45 - 09:45 | Circuits |
| 09:00 - 09:45 | RPM (Virtual) |
| 10:00 - 11:00 | BODYCOMBAT |
| 11:15 - 12:00 | RPM (Virtual) |
| 12:30 - 13:15 | RPM (Virtual) |
| 14:00 - 15:00 | BODYPUMP (Virtual) |
| 14:30 - 15:00 | SPRINT (virtual) |
| 15:15 - 16:15 | BODYCOMBAT (Virtual) |
| 16:30 - 17:15 | RPM (Virtual) |