

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 01/05/2024

Times for Monday 10 December



| 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) |