

# Class programme at Leigh

## Leigh Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 17 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             |
| 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)         |