Class programme at Leigh

Leigh Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 20 December

Time	Session
07:30 - 08:15	RPM (Virtual)
09:30 - 10:30	BODYPUMP
11:00 - 12:00	Low Circuit
12:00 - 12:30	SPRINT (virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 17:00	BODYCOMBAT (Virtual)
17:00 - 17:30	Fast 30
17:00 - 17:45	RPM
17:15 - 17:45	CXWORX (Virtual)
18:00 - 19:00	Pilates
18:15 - 19:15	BODYPUMP
19:00 - 20:00	Pilates
19:05 - 19:50	Zumba (14yrs+)
19:30 - 20:15	RPM (Virtual)
19:30 - 20:30	Bootcamp Circuit (16yrs+)
20:45 - 21:45	BODYCOMBAT (Virtual)