

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 19/04/2024

Times for Friday 24 May



| Time | Session |
|---------------|----------------------|
| 06:45 - 07:15 | SPRINT (virtual) |
| 07:30 - 08:00 | HIIT |
| 08:15 - 09:15 | BODYCOMBAT (Virtual) |
| 09:30 - 10:00 | Fast 30 |
| 09:30 - 10:30 | Low Aerobics |
| 10:45 - 11:45 | Yoga |
| 13:00 - 13:30 | CXWORX (Virtual) |
| 14:30 - 15:15 | BODYPUMP (Virtual) |
| 17:30 - 18:00 | Indoor Cycling |
| 17:45 - 18:45 | Fighting 4 Fitness |
| 18:00 - 19:00 | Hatton Boxing |
| 18:05 - 18:50 | RPM (Virtual) |
| 19:00 - 19:30 | Indoor Cycling |
| 19:00 - 19:30 | Abs Blast |
| 19:30 - 20:30 | BODYPUMP (Virtual) |
| 20:15 - 21:00 | RPM (Virtual) |