

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 09/05/2024

Times for Tuesday 18 June



| Time | Session |
|---------------|-----------------------|
| 09:30 - 10:30 | BODYPUMP |
| 10:30 - 11:15 | RPM |
| 11:30 - 12:00 | Fast 30 |
| 12:00 - 12:30 | SPRINT (virtual) |
| 12:15 - 12:45 | BODYPUMP (Virtual) |
| 13:00 - 13:30 | RPM (Virtual) |
| 16:00 - 16:45 | RPM (Virtual) |
| 17:00 - 17:30 | Fast 30 |
| 17:45 - 18:30 | RPM |
| 18:30 - 19:00 | Couch to 5k Run Group |
| 18:45 - 19:30 | RPM |
| 18:45 - 19:45 | Aeromix (14yrs+) |
| 19:00 - 19:45 | 5k + Run Group |
| 19:00 - 20:00 | Yoga |
| 20:00 - 21:00 | Circuits |
| 20:30 - 21:00 | SPRINT (virtual) |