

# Class programme at Leigh

## Leigh Leisure Centre

Accurate as of 20/04/2024

### Times for Friday 23 August



| 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)        |