

# Class programme at Leigh

## Leigh Leisure Centre

Accurate as of 06/05/2024

### Times for Wednesday 28 August



| Time          | Session              |
|---------------|----------------------|
| 07:30 - 08:00 | SPRINT (virtual)     |
| 07:30 - 08:00 | HIIT                 |
| 09:30 - 10:00 | Fast 30              |
| 09:30 - 10:15 | RPM                  |
| 10:00 - 12:00 | Racket Sports        |
| 12:00 - 12:45 | RPM (Virtual)        |
| 12:15 - 13:00 | Zumba Gold           |
| 13:00 - 14:00 | Pilates              |
| 14:15 - 15:15 | BODYPUMP (Virtual)   |
| 16:00 - 16:45 | RPM (Virtual)        |
| 17:30 - 18:00 | Indoor Cycling       |
| 17:30 - 18:30 | No Strings Badminton |
| 18:15 - 19:15 | BODYCOMBAT           |
| 19:00 - 20:00 | Hatton Boxing        |
| 19:00 - 20:00 | Pay And Play Netball |
| 19:30 - 20:15 | RPM (Virtual)        |
| 19:30 - 20:30 | Legs, Bums & Tums    |