

Class programme at Leigh Leigh Leisure Centre

Accurate as of 23/11/2019

Times for Sunday 13 October



Time	Session	Facility	Instructor	Level
09:00 - 10:00	Circuits	Studio 2	Various	***
10:00 - 10:30	Total Abs	Studio 2	Mahtab	***
10:00 - 10:45	RPM (Virtual)	Studio 1	No Instructor	***
10:30 - 11:30	Body Pump	Studio 2	Mahtab	***
11:45 - 12:15	CXWORX (Virtual)	Studio 2	No Instructor	**
11:45 - 12:15	SPRINT (virtual)	Studio 1	No Instructor	***
13:00 - 13:45	RPM (Virtual)	Studio 1	No Instructor	***
13:00 - 14:00	BODYPUMP (Virtual)	Studio 2	No Instructor	***
14:30 - 15:15	RPM (Virtual)	Studio 1	No Instructor	***
15:00 - 16:00	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***