

# Class programme at Leigh

## Leigh Leisure Centre

Accurate as of 17/05/2025

### Times for Thursday 21 November



| Time          | Session                   |
|---------------|---------------------------|
| 07:30 - 08:15 | RPM (Virtual)             |
| 09:30 - 10:30 | BODYPUMP                  |
| 10:45 - 11:30 | RPM (Virtual)             |
| 11:00 - 12:00 | Low Circuit               |
| 12:00 - 12:30 | SPRINT (virtual)          |
| 13:30 - 14:00 | BODYPUMP (Virtual)        |
| 15:00 - 15:45 | RPM (Virtual)             |
| 16:00 - 17:00 | BODYCOMBAT (Virtual)      |
| 17:00 - 17:30 | Fast 30                   |
| 17:00 - 17:45 | RPM                       |
| 17:15 - 17:45 | CXWORX (Virtual)          |
| 18:00 - 19:00 | Pilates                   |
| 18:15 - 19:15 | BODYPUMP                  |
| 19:00 - 20:00 | Pilates                   |
| 19:05 - 19:50 | Zumba (14yrs+)            |
| 19:30 - 20:15 | RPM (Virtual)             |
| 19:30 - 20:30 | Bootcamp Circuit (16yrs+) |
| 20:45 - 21:45 | BODYCOMBAT (Virtual)      |