Class programme at Leigh

Leigh Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 11 December

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 - 13:30	SPRINT (virtual)
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