

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 14 January



Time	Session
08:15 - 08:45	GRIT Virtual Cardio
09:30 - 10:30	BODYPUMP
10:30 - 11:15	RPM
11:00 - 12:00	Low Circuit
11:30 - 12:00	Fast 30
12:00 - 12:30	SPRINT (virtual)
12:15 - 12:45	BODYPUMP (Virtual)
13:00 - 13:30	RPM (Virtual)
16:00 - 16:45	RPM (Virtual)
17:00 - 17:30	Fast 30
17:45 - 18:30	RPM
18:00 - 19:00	Yoga
18:30 - 19:00	Couch to 5k Run Group
18:45 - 19:30	RPM
18:45 - 19:45	Aeromix (14yrs+)
19:00 - 19:45	5k + Run Group
19:00 - 20:00	Yoga
20:00 - 21:00	Circuits
20:30 - 21:00	SPRINT (virtual)