

Class programme at Leigh

Leigh Leisure Centre

Accurate as of 19/04/2024

Times for Friday 24 January



Time	Session
06:45 - 07:15	SPRINT (virtual)
07:30 - 08:00	HIIT
08:15 - 09:15	BODYCOMBAT (Virtual)
09:30 - 10:00	Fast 30
09:30 - 10:30	Low Aerobics
10:45 - 11:45	Yoga
12:00 - 12:45	RPM (Virtual)
13:00 - 13:30	CXWORX (Virtual)
14:30 - 15:15	BODYPUMP (Virtual)
16:00 - 16:30	GRIT Strength - Virtual
17:30 - 18:00	Indoor Cycling
17:45 - 18:45	Fighting 4 Fitness
18:00 - 18:45	Glow
18:00 - 19:00	Hatton Boxing
18:05 - 18:50	RPM (Virtual)
19:00 - 19:30	Indoor Cycling
19:00 - 19:30	Abs Blast
19:30 - 20:30	BODYPUMP (Virtual)
20:15 - 21:00	RPM (Virtual)