# Class programme at Leigh

## Leigh Leisure Centre

**Accurate as of 12/10/2024**

**Times for Thursday 9 April**

| Time | Session |
|---|---|
| 07:30 - 08:15 | RPM (Virtual) |
| 08:45 - 09:15 | GRIT Athletic - 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) |