

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 26/04/2024

### Times for Wednesday 24 April



| Time          | Session       | Facility      | Instructor |
|---------------|---------------|---------------|------------|
| 09:15 - 10:15 | Aerobics      | Sports Hall   | Mel        |
| 11:00 - 12:00 | Aquacise      | Main Pool     | Mel        |
| 18:00 - 19:00 | Yoga          | Leisure Suite | Stuart     |
| 19:15 - 20:15 | Group cycling | Leisure Suite | Andy       |