

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 23/04/2024

### Times for Monday 1 July



| Time          | Session       | Facility      | Instructor |
|---------------|---------------|---------------|------------|
| 09:00 - 10:00 | Yoga          | Leisure Suite | Laura      |
| 10:00 - 11:00 | Yoga          | Leisure Suite | Laura      |
| 18:30 - 19:30 | Group cycling | Leisure Suite | Andy       |
| 20:00 - 21:00 | Aquacise      | Main Pool     | Mel        |