

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 5 July



Time	Session	Facility	Instructor
09:30 - 10:30	Fitness pilates	Leisure Suite	Mel
10:30 - 11:30	Fitness pilates	Leisure Suite	Mel
17:30 - 18:00	Rig workout	Gym	Jenny
18:00 - 19:00	Boxercise	Sports Hall	Dan
18:00 - 19:30	Fitness pilates	Leisure Suite	Julie