

Fitness classes

Ancholme Leisure Centre

Accurate as of 30/04/2024

Times for Monday 17 February



Time	Session	Facility	Instructor
06:30 - 07:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
07:15 - 07:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:00 - 10:00	Yoga	Leisure Suite	Laura
09:15 - 10:00	Aerobics	Sports Hall	Mel
10:00 - 11:00	Yoga	Leisure Suite	Laura
12:15 - 12:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
16:30 - 17:15	Virtual Sh'Bam	Leisure Suite	Virtual instructor
18:00 - 19:00	Les Mills BodyPump	Main Pool	Jade
18:30 - 19:30	Group cycling	Leisure Suite	Andy
19:00 - 20:00	LBT	Sports Hall	Jade
20:00 - 21:00	Aquacise	Main Pool	Mel