

Fitness classes

Ancholme Leisure Centre

Accurate as of 01/05/2024

Times for Tuesday 18 February



Time	Session	Facility	Instructor
06:30 - 07:00	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
07:15 - 07:45	Virtual Les Mills Grit Cardio	Leisure Suite	Virtual instructor
08:00 - 08:30	Virtual Les Mills Core	Leisure Suite	Virtual instructor
10:00 - 11:30	Yoga	Leisure Suite	Stuart
12:15 - 12:45	Virtual Les Mills Core	Leisure Suite	Virtual instructor
16:30 - 17:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
18:00 - 19:00	Group cycling	Leisure Suite	Andy
18:00 - 19:00	Les Mills BodyPump	Sports Hall	Jade
19:15 - 20:45	Yoga	Leisure Suite	Stuart