

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 02/05/2024

### Times for Wednesday 19 February



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