

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 17/05/2025

### Times for Thursday 20 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
08:00 - 08:30	Virtual Les Mills Core	Leisure Suite	Virtual instructor
09:00 - 10:00	Fitness pilates	Sports Hall	Mel
10:00 - 10:30	Virtual Les Mills GritCardio	Leisure Suite	Virtual instructor
12:15 - 12:45	Virtual Les Mills Dance	Leisure Suite	Virtual instructor
16:30 - 17:00	Virtual Les Mills Core	Leisure Suite	Virtual instructor
17:45 - 18:30	Group Cycling	Leisure Suite	Sam
18:30 - 19:15	Kettlebells	Sports Hall	Sam
18:45 - 19:15	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor