

Fitness classes

Ancholme Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 27 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 Grit Cardio	Leisure Suite	Virtual instructor
12:15 - 12:45	Virtual Sh'Bam	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	Kettlebell	Sports Hall	Sam
18:45 - 19:15	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor