

Fitness classes

Ancholme Leisure Centre

Accurate as of 30/04/2024

Times for Friday 28 February



Time	Session	Facility	Instructor
06:30 - 07:00	Virtual Les Mills Core	Leisure Suite	Virtual instructor
07:15 - 07:45	Virtual Les Mills Grit Cardio	Leisure Suite	Virtual instructor
09:00 - 09:45	Aerobics	Sports Hall	Anais
10:00 - 11:00	Fitness pilates	Leisure Suite	Anais
12:15 - 12:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
16:30 - 17:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
18:00 - 19:00	Boxercise	Sports Hall	Dan
18:00 - 19:30	Yoga	Leisure Suite	Stuart
20:00 - 20:45	Virtual Sh'Bam	Leisure Suite	Virtual instructor