

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 29/04/2024

### Times for Sunday 1 March



Time	Session	Facility	Instructor
09:15 - 10:05	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
10:30 - 11:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
11:30 - 12:00	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
15:00 - 16:00	Les Mills BodyPump	Sports Hall	Lisa