

Fitness classes

Ancholme Leisure Centre

Accurate as of 29/04/2024

Times for Monday 1 April



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
08:00 - 08:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:15 - 10:15	Aerobics	Sports Hall	Mel
10:00 - 10:45	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
10:15 - 11:15	Fitness pilates	Sports Hall	Mel
12:15 - 13:00	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Sh'Bam	Leisure Suite	Virtual instructor
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	Laura
17:00 - 17:30	Rig workout	Gym	