

Fitness classes

Ancholme Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 2 April



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:15 - 09:55	Les Mills BodyPump	Leisure Suite	Sam
10:00 - 10:45	LBT	Sports Hall	Sam
10:00 - 11:30	Yoga	Squash Courts	Stuart
10:45 - 11:15	Les Mills Dance	Sports Hall	Sam
13:00 - 14:00	Good Boost	Main Pool	Simon
17:30 - 18:00	Rig workout	Gym	
17:45 - 18:45	Group cycling	Leisure Suite	Andy
19:00 - 20:30	Yoga	Leisure Suite	Stuart