

Fitness classes

Ancholme Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 3 April



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
12:15 - 13:15	ActiveLincs Circuits	Sports Hall	Simon
16:00 - 17:00	Junior Gym	Gym	Laura
17:30 - 18:00	Rig workout	Gym	Laura J
17:45 - 18:45	Les Mills BodyPump	Sports Hall	Lucy
18:00 - 18:45	Group cycling	Leisure Suite	Andy
20:00 - 20:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor