

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 13/05/2024

### Times for Thursday 4 April



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
11:45 - 12:45	Active Lincs chair based exercise	Health & Wellbeing Studio	Elizabeth
13:00 - 14:00	Good Boost	Main Pool	Elizabeth
19:00 - 19:45	Virtual Sh'Bam	Leisure Suite	Virtual instructor
20:00 - 20:45	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor