

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 29/07/2024

### Times for Monday 22 July



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
10:00 - 11:00	Junior Gym	Gym	
10:15 - 11:15	Fitness pilates	Sports Hall	Mel
11:30 - 12:15	ActiveLincs Circuits	Health & Wellbeing Studio	Elizabeth
12:15 - 13:00	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills Dance	Leisure Suite	Virtual instructor
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	Laura
17:30 - 18:00	Rig workout	Gym	
18:00 - 19:00	Les Mills BodyPump	Sports Hall	Rob
19:00 - 20:00	Group cycling	Leisure Suite	Rob
20:00 - 21:00	Aquacise	Main Pool	Mel