

Fitness classes

Ancholme Leisure Centre

Accurate as of 29/07/2024

Times for Friday 26 July



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
07:30 - 08:15	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
11:00 - 12:00	Exercising with Parkinson's - older onset	Health & Wellbeing Studio	Elizabeth
12:15 - 12:45	Virtual Les Mills Core	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
14:00 - 14:45	Seated chair circuit	Sports Hall	Simon
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
20:00 - 20:45	Virtual Les Mills Dance	Leisure Suite	Virtual instructor