

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 28/07/2024

### Times for Sunday 28 July



| Time          | Session                      | Facility      | Instructor         |
|---------------|------------------------------|---------------|--------------------|
| 09:15 - 10:00 | Virtual Les Mills RPM        | Leisure Suite | Virtual instructor |
| 11:00 - 11:45 | Virtual Les Mills BodyPump   | Leisure Suite | Virtual instructor |
| 15:00 - 15:30 | Virtual Les Mills Core       | Leisure Suite | Virtual instructor |
| 17:30 - 18:15 | Virtual Les Mills BodyCombat | Leisure Suite | Virtual instructor |
| 18:30 - 19:15 | Virtual Les Mills BodyPump   | Leisure Suite | Virtual instructor |