

Fitness classes

Ancholme Leisure Centre

Accurate as of 28/07/2024

Times for Friday 2 August



| 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 |
| 09:10 - 09:55 | Yoga Strength | Leisure Suite | Laura T |
| 10:00 - 11:00 | Yoga | Leisure Suite | Laura T |
| 12:15 - 12:45 | Virtual Les Mills Core | Leisure Suite | Virtual instructor |
| 13:30 - 14:15 | Virtual Les Mills BodyCombat | Leisure Suite | Virtual instructor |
| 16:00 - 16:45 | Virtual Les Mills RPM | Leisure Suite | Virtual instructor |
| 18:00 - 19:30 | Yoga | Leisure Suite | Stuart |
| 20:00 - 20:45 | Virtual Les Mills Dance | Leisure Suite | Virtual instructor |