

Fitness classes

Ancholme Leisure Centre

Accurate as of 28/07/2024

Times for Saturday 3 August



Time	Session	Facility	Instructor
08:15 - 09:15	Group cycling	Leisure Suite	Andy Lewin
08:30 - 09:00	Rig workout	Gym	Sam
10:00 - 11:00	Junior Gym	Gym	Sam
10:15 - 11:00	Virtual Les Mills Dance	Leisure Suite	Virtual instructor
12:00 - 12:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
14:00 - 14:45	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
15:00 - 15:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor