

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 31/07/2024

### Times for Tuesday 6 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:10 - 09:55	Les Mills BodyPump	Sports Hall	Sammy
09:15 - 09:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
10:00 - 10:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
10:00 - 10:45	LBT	Sports Hall	Sammy
10:00 - 11:30	Yoga	Squash Courts	Stuart
10:45 - 11:30	Les Mills Dance	Sports Hall	Sammy
12:15 - 13:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
16:00 - 16:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
17:30 - 18:00	Rig workout	Gym	
17:45 - 18:45	Group cycling	Leisure Suite	Andy
19:00 - 20:30	Yoga	Leisure Suite	Stuart