

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
08:00 - 08:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
09:15 - 10:00	Aerobics	Sports Hall	Mel
10:00 - 10:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
11:00 - 12:00	Aquacise	Main Pool	Mel
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 BodyPump	Leisure Suite	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	Laura
17:30 - 18:00	Rig workout	Gym	Laura J
17:45 - 18:45	Les Mills BodyPump	Sports Hall	Lucy
18:00 - 18:45	Group cycling	Leisure Suite	Andy
20:00 - 20:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor