

Fitness classes

Ancholme Leisure Centre

Accurate as of 05/08/2024

Times for Sunday 11 August



| 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 |