

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 15/09/2024

### Times for Saturday 21 September



| Time          | Session                       | Facility      | Instructor         |
|---------------|-------------------------------|---------------|--------------------|
| 08:15 - 09:15 | Group cycling                 | Leisure Suite | Pete               |
| 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 |