

Fitness classes

Ancholme Leisure Centre

Accurate as of 16/09/2024

Times for Sunday 22 September



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