

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 28/10/2024

### Times for Friday 1 November



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
07:30 - 08:15	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
09:00 - 10:00	Fitness pilates	Sports Hall	Anais
10:00 - 10:45	Stretch & tone	Leisure Suite	Anais
11:00 - 12:00	Exercising with Parkinson's - older onset	Health & Wellbeing Studio	Elizabeth
11:00 - 12:00	Aquacise	Main Pool	Anais
12:15 - 12:45	Virtual Les Mills Core	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
14:00 - 14:45	Seated chair circuit	Sports Hall	Simon
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
18:00 - 19:30	Yoga	Leisure Suite	Stuart
20:00 - 20:45	Virtual Les Mills Dance	Leisure Suite	Virtual instructor