

Class programme at Leigh Leigh Leisure Centre

Accurate as of 01/07/2024

Times for Friday 28 June



| Time | Session | Facility |
|---------------|-------------------------|----------|
| 07:15 - 07:45 | Grit Strength - Virtual | Studio 2 |
| 07:30 - 08:00 | Fast 30 | Gym |
| 08:00 - 08:45 | Body Combat - Virtual | Studio 2 |
| 08:15 - 08:45 | Sprint - Virtual | Studio 1 |
| 09:30 - 10:30 | Low Aerobics | Studio 2 |
| 10:45 - 11:45 | Yoga | Studio 3 |
| 11:15 - 12:15 | Low Circuit | Studio 2 |
| 12:00 - 12:45 | RPM - Virtual | Studio 1 |
| 13:00 - 13:30 | Sprint - Virtual | Studio 1 |
| 14:30 - 15:15 | Body Pump - Virtual | Studio 2 |
| 17:00 - 17:45 | Body Attack - Virtual | Studio 2 |
| 17:15 - 18:00 | RPM - Virtual | Studio 1 |
| 18:00 - 18:45 | Glow | Studio 2 |
| 18:00 - 18:45 | Circuits | Studio 3 |
| 18:15 - 19:00 | RPM - Virtual | Studio 1 |