

Class programme at Leigh Leigh Leisure Centre

Accurate as of 30/06/2024

Times for Thursday 4 July



Time	Session	Facility
06:45 - 07:15	Grit Athletic - Virtual	Studio 2
07:30 - 08:00	Fast 30	Gym
09:30 - 10:30	Body Pump	Studio 2
10:45 - 11:30	RPM - Virtual	Studio 1
11:15 - 12:00	Body Combat - Virtual	Studio 2
12:00 - 12:30	Sprint - Virtual	Studio 1
13:00 - 13:45	RPM - Virtual	Studio 1
13:30 - 14:00	Body Pump - Virtual	Studio 2
17:00 - 17:45	Body Combat - Virtual	Studio 2
17:15 - 17:45	Les Mills Core - Virtual	Studio 2
17:15 - 18:00	RPM	Studio 1
18:15 - 19:00	Body Pump	Studio 2
18:30 - 19:30	Pilates	Studio 3
19:00 - 19:45	The Trip (Virtual)	Studio 1
19:15 - 20:00	Zumba (14yrs+)	Studio 2
19:30 - 20:30	Yoga	Studio 3