

Class programme at Leigh Leigh Leisure Centre

Accurate as of 30/06/2024

Times for Friday 5 July



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