

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 01/07/2024

Times for Wednesday 26 June



Time	Session	Facility
06:45 - 07:15	Fast 30	Gym
07:20 - 08:05	Sh'bam - Virtual	Studio 1
08:15 - 09:00	Body Balance - Virtual	Studio 1
09:15 - 10:15	Body Pump	Studio 1
12:00 - 13:00	Pilates	Studio 1
15:45 - 16:30	Body Pump - Virtual	Studio 1
17:15 - 18:00	Body Attack	Studio 1
18:15 - 19:00	Body Pump	Studio 1
19:15 - 20:15	Dance Fitness	Studio 1