

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 01/07/2024

Times for Thursday 27 June



Time	Session	Facility
06:45 - 07:30	Body Pump - Virtual	Studio 1
07:45 - 08:15	Les Mills Core - Virtual	Studio 1
09:15 - 10:00	HIIT Step	Studio 1
10:15 - 11:15	Tai Chi	Studio 1
11:45 - 12:30	Low Circuit	Studio 1
12:00 - 12:30	Sprint - Virtual	Studio 2
17:15 - 18:00	Body Pump - Virtual	Studio 1
18:15 - 19:00	Body Combat	Studio 1
19:05 - 19:50	Body Conditioning	Studio 1