

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 01/07/2024

Times for Friday 28 June



Time	Session	Facility
06:45 - 07:15	Fast 30	Gym
07:30 - 08:30	Body Pump - Virtual	Studio 1
09:30 - 10:30	Body Combat	Studio 1
10:30 - 11:30	Back To Sport: Walking Football	3G All Weather Pitch
10:45 - 11:15	HIIT Step	Studio 1
12:15 - 13:15	Yoga	Studio 1
13:30 - 14:30	Body Pump - Virtual	Studio 1
15:30 - 16:30	Body Combat - Virtual	Studio 1
18:15 - 19:00	Body Pump - Virtual	Studio 1