

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 30/06/2024

Times for Friday 5 July



Time	Session	Facility
06:35 - 07:05	Sprint - Virtual	Studio 2
06:45 - 07:15	Fast 30	Gym
07:15 - 08:00	The Trip (Virtual)	Studio 2
09:45 - 10:30	RPM	Studio 2
10:30 - 11:30	Back To Sport: Walking Football	3G All Weather Pitch
14:00 - 14:45	RPM - Virtual	Studio 2
17:30 - 18:00	Sprint - Virtual	Studio 2
19:00 - 19:45	RPM - Virtual	Studio 2