

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 31/10/2024

Times for Thursday 31 October



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