

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 31/10/2024

Times for Monday 4 November



| Time | Session | Facility |
|---------------|---------------------------------|----------------------|
| 06:35 - 07:05 | Sprint - Virtual | Studio 2 |
| 06:45 - 07:15 | Fast 30 | Gym |
| 06:45 - 07:30 | Grit Athletic - Virtual | Studio 1 |
| 07:15 - 08:00 | The Trip (Virtual) | Studio 2 |
| 07:45 - 08:30 | Body Pump - Virtual | Studio 1 |
| 08:45 - 09:30 | Body Balance - Virtual | Studio 1 |
| 09:45 - 10:30 | RPM | Studio 2 |
| 10:30 - 11:30 | Back To Sport: Walking Football | 3G All Weather Pitch |
| 11:00 - 11:45 | Low Aerobics | Studio 1 |
| 12:15 - 13:15 | Yoga | Studio 1 |
| 13:45 - 14:45 | Body Pump - Virtual | Studio 1 |
| 15:30 - 16:00 | RPM - Virtual | Studio 2 |
| 16:00 - 16:45 | Body Combat - Virtual | Studio 1 |
| 16:30 - 17:15 | Let's Get Movin' (11-15 yrs) | Studio 1 |
| 17:00 - 17:30 | HIIT Step | Studio 1 |
| 17:30 - 18:15 | RPM | Studio 2 |
| 17:30 - 18:15 | Fit Gym | Gym |
| 17:45 - 18:45 | Body Pump | Studio 1 |
| 19:00 - 19:45 | RPM | Studio 2 |
| 19:00 - 20:00 | Pilates | Studio 1 |

Time

Session

Facility

20:00 - 21:00

Yoga

Studio 1