

Class programme at Leigh Leigh Leisure Centre

Accurate as of 19/01/2019

(19-01-2019 - 25-01-2019)



Day	Time	Session	Facility	Instructor	Level
Sat	08:45 - 09:45	Circuits	Studio 2	Nic	***
Sat	09:00 - 09:45	RPM (Virtual) (Cancelled)	Studio 1	No Instructor	***
Sat	10:00 - 11:00	BODYCOMBAT	Studio 2	Nic	***
Sat	11:15 - 12:00	Indoor Cycling	Studio 1	Various	**
Sat	12:30 - 13:15	RPM (Virtual) (Cancelled)	Studio 1	No Instructor	***
Sat	14:00 - 15:00	BODYPUMP (Virtual)	Studio 2	No Instructor	***
Sat	14:30 - 15:15	RPM (Virtual) (Cancelled)	Studio 1	No Instructor	***
Sat	15:15 - 16:15	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***
Sat	16:30 - 17:15	RPM (Virtual) (Cancelled)	Studio 1	No Instructor	***
Sun	09:00 - 10:00	Circuits	Studio 2	Various	***
Sun	10:00 - 10:45	RPM (Virtual)	Studio 1	No Instructor	***
Sun	10:30 - 11:30	Body Pump	Studio 2	Mahtab	***
Sun	11:45 - 12:15	CXWORX (Virtual)	Studio 2	No Instructor	**
Sun	11:45 - 12:30	RPM (Virtual)	Studio 1	No Instructor	***
Sun	13:00 - 13:45	RPM (Virtual)	Studio 1	No Instructor	***
Sun	13:00 - 14:00	BODYPUMP (Virtual)	Studio 2	No Instructor	***
Sun	14:15 - 14:45	CXWORX (Virtual)	Studio 2	No Instructor	**
Sun	14:30 - 15:15	RPM (Virtual)	Studio 1	No Instructor	***
Sun	15:00 - 16:00	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***
Sun	16:15 - 17:00	BODYBALANCE (Virtual)	Studio 2	No Instructor	**
Mon	07:00 - 07:30	Fast 30	Gym	Various	***

Day	Time	Session	Facility	Instructor	Level
Mon	07:30 - 08:15	RPM (Virtual)	Studio 1	No Instructor	***
Mon	08:30 - 09:30	BODYBALANCE (Virtual)	Studio 2	No Instructor	**
Mon	09:30 - 10:15	RPM	Studio 1	Rob S	***
Mon	09:30 - 10:30	BODYCOMBAT	Studio 2	Nic	***
Mon	12:00 - 12:45	RPM (Virtual)	Studio 1	No Instructor	***
Mon	13:30 - 14:15	RPM (Virtual)	Studio 1	No Instructor	***
Mon	14:00 - 14:45	SH'BAM (Virtual)	Studio 2	No Instructor	**
Mon	15:00 - 17:00	Racket Sports	Sports Hall	Back To Sport Programme	**
Mon	15:15 - 16:15	BODYPUMP (Virtual)	Studio 2	No Instructor	***
Mon	16:30 - 17:00	CXWORX (Virtual)	Studio 2	No Instructor	**
Mon	17:15 - 18:00	RPM (Virtual)	Studio 1	No Instructor	***
Mon	17:30 - 18:00	Total Abs	Studio 3	Andy	**
Mon	17:30 - 18:30	Circuits	Studio 2	Nic	***
Mon	18:30 - 19:30	BODYCOMBAT	Studio 2	Nic	***
Mon	18:45 - 19:30	RPM	Studio 1	Gareth	***
Mon	19:00 - 19:30	HIIT	Studio 3	Andy	***
Mon	19:45 - 20:30	SH'BAM	Studio 3	Carla B	**
Mon	19:45 - 20:45	BODYPUMP	Studio 2	Nic	***
Mon	20:30 - 21:15	RPM (Virtual)	Studio 1	No Instructor	***
Mon	21:00 - 21:30	CXWORX (Virtual)	Studio 2	No Instructor	**
Tue	09:30 - 10:15	BODYPUMP	Studio 2	Nic	***
Tue	10:30 - 11:15	RPM	Studio 1	Nic	***
Tue	11:30 - 12:00	Fast 30	Gym	Various	***
Tue	12:00 - 12:45	RPM (Virtual)	Studio 1	No Instructor	***
Tue	13:00 - 13:45	RPM (Virtual)	Studio 1	No Instructor	***

Day	Time	Session	Facility	Instructor	Level
Tue	16:00 - 16:45	RPM (Virtual)	Studio 1	No Instructor	***
Tue	17:00 - 17:30	Fast 30	Gym	Various	***
Tue	17:45 - 18:30	RPM	Studio 1	Nic	***
Tue	18:00 - 19:00	Yoga	Studio 3	Maxine	**
Tue	18:30 - 19:00	Couch to 5k Run Group	Road Running Route	Various	**
Tue	18:45 - 19:30	RPM	Studio 1	Gareth	***
Tue	18:45 - 19:45	Aeromix (14yrs+)	Studio 2	Freestyle Fitness	**
Tue	19:00 - 19:45	5k + Run Group	Road Running Route	Various	***
Tue	19:00 - 20:00	Yoga	Studio 3	Maxine	**
Tue	20:00 - 21:00	Circuits	Studio 2	Various	***
Tue	20:30 - 21:15	RPM (Virtual)	Studio 1	No Instructor	***
Wed	07:30 - 08:00	HIIT	Studio 1	Various	***
Wed	07:30 - 08:15	RPM (Virtual)	Studio 1	No Instructor	***
Wed	09:30 - 10:00	Fast 30	Gym	Various	***
Wed	09:30 - 10:15	RPM	Studio 1	Nic	***
Wed	10:00 - 12:00	B2s Racket Sports	Sports Hall	Back To Sport Programme	**
Wed	12:00 - 12:45	RPM (Virtual)	Studio 1	No Instructor	***
Wed	12:15 - 13:00	Zumba Gold	Studio 3	Kim	*
Wed	13:00 - 14:00	Pilates	Studio 3	Kim	**
Wed	14:15 - 15:15	BODYPUMP (Virtual)	Studio 2	No Instructor	***
Wed	16:00 - 16:45	RPM (Virtual)	Studio 1	No Instructor	***
Wed	17:30 - 18:00	Indoor Cycling	Studio 1	Becky	***
Wed	17:30 - 18:30	No Strings Badminton	Sports Hall	Back To Sport Programme	**
Wed	18:15 - 19:15	BODYCOMBAT	Studio 2	Nic	***
Wed	19:00 - 20:00	Hatton Boxing	Studio 3	Various	***

Day	Time	Session	Facility	Instructor	Level
Wed	19:00 - 20:00	Netball - Pay And Play	Sports Hall	Back To Sport Programme	**
Wed	19:30 - 20:15	RPM (Virtual)	Studio 1	No Instructor	***
Wed	19:30 - 20:30	Legs, Bums & Tums	Studio 2	Freestyle Fitness	**
Thu	07:30 - 08:15	RPM (Virtual)	Studio 1	No Instructor	***
Thu	08:30 - 09:30	BODYBALANCE (Virtual)	Studio 2	No Instructor	**
Thu	09:30 - 10:15	RPM (Virtual)	Studio 1	No Instructor	***
Thu	09:30 - 10:30	BODYPUMP	Studio 2	Nic	***
Thu	11:00 - 12:00	Low Circuit	Studio 2	Various	*
Thu	12:00 - 12:45	RPM (Virtual)	Studio 1	No Instructor	***
Thu	14:00 - 14:45	SH'BAM (Virtual)	Studio 2	No Instructor	**
Thu	15:00 - 15:45	RPM (Virtual)	Studio 1	No Instructor	***
Thu	16:00 - 17:00	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***
Thu	17:00 - 17:30	Fast 30	Gym	Various	***
Thu	17:00 - 17:45	RPM	Studio 1	Nic	***
Thu	17:15 - 17:45	CXWORX (Virtual)	Studio 2	No Instructor	**
Thu	18:00 - 19:00	Pilates	Studio 3	Kim	**
Thu	18:15 - 19:15	BODYPUMP	Studio 2	Nic	***
Thu	19:00 - 20:00	Pilates	Studio 3	Kim	**
Thu	19:05 - 19:50	Zumba (14yrs+)	Sports Hall	Freestyle Fitness	**
Thu	19:30 - 20:15	RPM (Virtual)	Studio 1	No Instructor	***
Thu	19:30 - 20:30	Bootcamp Circuit (16yrs+)	Studio 2	Various	***
Thu	20:45 - 21:45	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***
Fri	07:30 - 08:00	HIIT	Studio 2	Various	***
Fri	08:15 - 09:15	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***
Fri	09:30 - 10:00	Fast 30	Gym	Various	***

Day	Time	Session	Facility	Instructor	Level
Fri	09:30 - 10:30	Low Aerobics	Studio 3	Jess	*
Fri	10:45 - 11:45	Yoga	Studio 3	Jess	**
Fri	12:15 - 13:15	BODYPUMP (Virtual)	Studio 2	No Instructor	***
Fri	13:30 - 14:00	CXWORX (Virtual)	Studio 2	No Instructor	**
Fri	14:30 - 15:15	SH'BAM (Virtual)	Studio 2	No Instructor	**
Fri	15:30 - 16:30	BODYCOMBAT (Virtual)	Studio 2	No Instructor	***
Fri	17:30 - 18:00	Indoor Cycling	Studio 1	Becky	***
Fri	18:00 - 19:00	Hatton Boxing	Studio 2	Various	***
Fri	18:05 - 18:50	RPM (Virtual)	Studio 1	No Instructor	***
Fri	19:00 - 19:30	Indoor Cycling	Studio 1	Becky	***
Fri	19:30 - 20:15	BODYPUMP (Virtual)	Studio 2	No Instructor	***
Fri	20:15 - 21:00	RPM (Virtual)	Studio 1	No Instructor	***