

Class programme at Leigh Leigh Leisure Centre

Accurate as of 20/04/2024

Times for Sunday 28 July



Time	Session
09:00 - 10:00	Circuits
10:00 - 10:30	Total Abs
10:00 - 10:45	RPM (Virtual)
10:35 - 11:35	Body Pump
11:45 - 12:15	SPRINT (virtual)
13:00 - 13:45	RPM (Virtual)
13:00 - 14:00	BODYPUMP (Virtual)
14:30 - 15:15	RPM (Virtual)
15:00 - 16:00	BODYCOMBAT (Virtual)