

Fitness classes

Ancholme Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 30 April



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:10 - 09:55	Les Mills BodyPump	Sports Hall	Laura J
09:15 - 09:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
10:00 - 10:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
10:00 - 10:45	Barre	Sports Hall	Laura J
10:45 - 11:30	FitStep	Sports Hall	Laura J
12:00 - 12:30	Rig workout	Gym	Laura J
12:15 - 13:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
15:00 - 15:45	Good Boost	Main Pool	Simon
16:00 - 16:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
17:30 - 18:00	Rig workout	Gym	
17:45 - 18:45	Group cycling	Leisure Suite	Andy