

Fitness classes

Ancholme Leisure Centre

Accurate as of 21/05/2024

Times for Friday 3 May



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
07:30 - 08:15	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
09:10 - 09:55	Yoga Strength	Leisure Suite	Laura T
10:00 - 11:00	Yoga	Leisure Suite	Laura T
11:00 - 11:45	Aquacise	Main Pool	Sarah
11:00 - 12:00	Exercising with Parkinson's - older onset	Health & Wellbeing Studio	Elizabeth
12:15 - 12:45	Virtual Les Mills Core	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
18:00 - 19:30	Yoga	Leisure Suite	Stuart
20:00 - 20:45	Virtual Sh'Bam	Leisure Suite	Virtual instructor