

Fitness classes

Ancholme Leisure Centre

Accurate as of 30/04/2026

Times for Friday 1 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
09:00 - 10:00	Yoga	Leisure Suite	Laura T
09:15 - 10:00	HIIT Strength	Sports Hall	Davey
10:00 - 12:00	Badminton coaching (intermediates)	Sports Hall	Richard Travis
10:15 - 11:00	Group Cycling	Leisure Suite	Davey
11:00 - 12:00	Neuro Rehab	Health & Wellbeing Studio	Simon
11:10 - 11:55	Stretch & Tone	Leisure Suite	Davey
12:30 - 13:00	Virtual Les Mills Core	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
15:00 - 16:00	Good Boost	Main Pool	
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
20:00 - 20:45	Virtual Les Mills Dance	Leisure Suite	Virtual instructor