

Fitness classes

Ancholme Leisure Centre

Accurate as of 03/07/2026

Times for Friday 3 July



| 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 |
| 18:00 - 19:30 | Yoga | Leisure Suite | Stuart |
| 20:00 - 20:45 | Virtual Les Mills Dance | Leisure Suite | Virtual instructor |