

Fitness classes

Ancholme Leisure Centre

Accurate as of 03/07/2026

Times for Saturday 4 July



| Time | Session | Facility | Instructor |
|---------------|------------------------------------|---------------|--------------------|
| 08:15 - 09:15 | Group Cycling | Leisure Suite | Pete |
| 09:00 - 10:00 | Badminton coaching (beginners) | Sports Hall | Richard Travis |
| 09:30 - 10:00 | HYBRID30 | Gym | Fitness Instructor |
| 10:00 - 11:00 | Junior Gym | Gym | Fitness Instructor |
| 10:00 - 12:00 | Badminton coaching (intermediates) | Sports Hall | Richard Travis |
| 10:15 - 11:00 | Virtual Les Mills Dance | Leisure Suite | Virtual instructor |
| 12:00 - 12:45 | Virtual Les Mills BodyPump | Leisure Suite | Virtual instructor |
| 14:00 - 14:45 | Virtual Les Mills BodyBalance | Leisure Suite | Virtual instructor |
| 15:00 - 15:45 | Virtual Les Mills BodyPump | Leisure Suite | Virtual instructor |