

Fitness classes

Ancholme Leisure Centre

Accurate as of 03/07/2026

Times for Monday 6 July



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
08:00 - 08:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:15 - 10:00	Total Tone	Sports Hall	Sammy
09:15 - 10:00	HYBRID45	Gym	Fitness Instructor
10:00 - 10:45	Core Strength	Sports Hall	Sammy
10:00 - 10:45	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
12:15 - 13:00	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills Dance	Leisure Suite	Virtual instructor
15:00 - 15:45	Good Boost	Main Pool	Jason
16:00 - 16:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	Fitness Instructor
18:00 - 19:00	Les Mills BodyPump	Sports Hall	Rob
19:05 - 19:55	Virtual Les Mills RPM	Leisure Suite	Virtual instructor