

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 03/07/2026

### Times for Wednesday 8 July



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
08:00 - 08:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
09:15 - 10:00	Group Cycling	Leisure Suite	Davey
09:16 - 10:00	Aerobics	Sports Hall	Michal
10:00 - 12:00	Badminton coaching (intermediates)	Sports Hall	Richard Travis
10:05 - 10:50	Stretch & Tone	Leisure Suite	Davey
12:15 - 12:45	Virtual Les Mills Core	Leisure Suite	Virtual instructor
12:15 - 13:15	ActiveLincs Circuits	Sports Hall	Simon
13:30 - 14:15	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
15:00 - 15:45	Good Boost	Main Pool	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	Fitness Instructor
17:15 - 18:00	HYBRID45	Gym	Fitness Instructor
17:45 - 18:45	Les Mills BodyPump	Sports Hall	Lucy
18:00 - 18:45	Group Cycling	Leisure Suite	Andy Lewin
20:00 - 20:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor