

Fitness classes

Ancholme Leisure Centre

Accurate as of 03/07/2026

Times for Thursday 9 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	Legs, Bums & Tums (LBT)	Sports Hall	Nicole G
09:15 - 10:15	Yoga Strength	Leisure Suite	Laura T
10:15 - 11:00	Stretch & Tone	Sports Hall	Nicole G
10:15 - 11:15	Yoga	Leisure Suite	Laura T
12:15 - 13:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
13:30 - 14:15	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
15:00 - 15:45	Good Boost	Main Pool	Jason
16:00 - 16:30	Virtual Les Mills Core	Leisure Suite	Virtual instructor
17:45 - 18:30	Group Cycling	Leisure Suite	Sam
18:30 - 19:15	Fitness pilates	Sports Hall	Sam
19:00 - 19:45	Virtual Les Mills Dance	Leisure Suite	Virtual instructor
19:30 - 20:30	HYBRID60	Sports Hall	Sam
20:00 - 20:45	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor