

Class programme at Leigh Leigh Leisure Centre

Accurate as of 05/05/2024

Times for Thursday 20 May



| Time | Session | Facility |
|---------------|--------------------------|----------|
| 06:45 - 07:15 | Grit Athletic - Virtual | Studio 2 |
| 07:30 - 08:00 | Fast 30 | Gym |
| 10:45 - 11:30 | RPM - Virtual | Studio 1 |
| 12:00 - 12:30 | Sprint - Virtual | Studio 1 |
| 13:00 - 13:45 | RPM - Virtual | Studio 1 |
| 13:30 - 14:00 | Body Pump - Virtual | Studio 2 |
| 17:15 - 17:45 | Les Mills Core - Virtual | Studio 2 |
| 17:15 - 18:00 | RPM | Studio 1 |
| 18:15 - 19:00 | Body Pump | Studio 2 |
| 18:30 - 19:30 | Pilates | Studio 3 |
| 19:00 - 19:45 | The Trip (Virtual) | Studio 1 |
| 19:15 - 20:00 | Zumba (14yrs+) | Studio 2 |
| 19:30 - 20:30 | Yoga | Studio 3 |