

# Class programme at Leigh Leigh Leisure Centre

Accurate as of 05/05/2024

## Times for Friday 21 May



Time	Session	Facility
07:15 - 07:45	Grit Strength - Virtual	Studio 2
08:00 - 08:45	Body Combat - Virtual	Studio 2
08:15 - 08:45	Sprint - Virtual	Studio 1
09:30 - 10:30	Low Aerobics	Studio 2
11:15 - 12:15	Low Circuit	Studio 2
12:00 - 12:45	RPM - Virtual	Studio 1
13:00 - 13:30	Sprint - Virtual	Studio 1
14:30 - 15:15	Body Pump - Virtual	Studio 2
18:00 - 18:45	Glow	Studio 2
18:15 - 19:00	RPM - Virtual	Studio 1