

Class programme at Leigh Leigh Leisure Centre

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility
06:45 - 07:15	Grit Virtual Cardio	Studio 2
07:30 - 08:00	Fast 30	Gym
07:30 - 08:15	Body Attack - Virtual	Studio 2
08:15 - 08:45	Sprint - Virtual	Studio 1
09:45 - 10:30	Body Combat	Studio 2
10:45 - 11:30	RPM - Virtual	Studio 1
10:45 - 11:30	Low Circuit	Studio 3
12:00 - 12:45	The Trip (Virtual)	Studio 1
13:00 - 13:30	Sprint - Virtual	Studio 1
13:45 - 14:15	Body Pump - Virtual	Studio 2
14:00 - 16:00	Back To Sport: Racket Sports	Sports Hall
16:00 - 16:45	Body Pump - Virtual	Studio 2
16:15 - 17:00	Let's Get Movin' (11-15 yrs)	Sports Hall
17:15 - 18:00	Circuits	Studio 2
17:15 - 18:00	Fit Gym	Gym
17:30 - 18:15	RPM - Virtual	Studio 1
18:15 - 19:00	Body Combat	Studio 2
19:15 - 20:00	Body Pump	Studio 2
19:15 - 20:00	RPM	Studio 1
20:15 - 20:45	Les Mills Core - Virtual	Studio 2
20:15 - 21:00	RPM - Virtual	Studio 1