

# Class programme at Leigh Leigh Leisure Centre

Accurate as of 19/05/2024

## Times for Tuesday 23 April



Time	Session	Facility
07:00 - 07:30	Sprint - Virtual	Studio 1
07:30 - 08:00	Fast 30	Gym
09:30 - 10:15	The Trip (Virtual)	Studio 1
09:30 - 10:30	Body Pump	Studio 2
11:00 - 12:00	Low Aerobics	Studio 2
11:15 - 12:00	Body Combat - Virtual	Studio 2
12:00 - 12:30	Sprint - Virtual	Studio 1
13:00 - 13:45	RPM - Virtual	Studio 1
14:30 - 15:00	Les Mills Core - Virtual	Studio 2
16:00 - 16:45	RPM - Virtual	Studio 1
17:45 - 18:30	RPM - Virtual	Studio 1
18:00 - 18:45	Zumba (14yrs+)	Studio 2
18:00 - 19:00	Women's Football	Sports Hall
19:00 - 19:30	Sprint - Virtual	Studio 1
19:00 - 19:45	Aeromix (14yrs+)	Studio 2
19:00 - 20:00	Yoga	Studio 3
20:00 - 20:45	Body Pump - Virtual	Studio 2
20:00 - 20:45	RPM - Virtual	Studio 1
20:00 - 21:00	Pilates	Studio 3