

# Class programme at Leigh

## Leigh Leisure Centre

Accurate as of 19/05/2024

### Times for Wednesday 24 April



Time	Session	Facility
06:45 - 07:15	Body Pump - Virtual	Studio 2
07:30 - 08:00	Les Mills Core - Virtual	Studio 2
07:30 - 08:00	Fast 30	Gym
08:15 - 08:45	Sprint - Virtual	Studio 1
09:30 - 10:15	Zumba (14yrs+)	Studio 2
09:30 - 10:15	Dance Fitness	Studio 2
10:00 - 11:30	Back To Sport: Pickleball	Sports Hall
10:15 - 11:00	Pilates	Studio 2
12:00 - 12:30	RPM - Virtual	Studio 1
13:00 - 13:30	Sprint - Virtual	Studio 1
14:15 - 15:15	Body Pump - Virtual	Studio 2
17:00 - 17:30	Les Mills Core - Virtual	Studio 2
18:00 - 19:00	Back To Sport: No Strings Badminton	Sports Hall
18:15 - 19:00	Body Combat	Studio 2
18:30 - 19:15	5k + Run Group	Outdoor
18:30 - 19:15	Couch to 5k Run Group	Outdoor
18:45 - 19:30	RPM - Virtual	Studio 1
19:00 - 20:00	Netball Now	Sports Hall
19:15 - 20:00	Legs, Bums & Tums	Studio 2
19:15 - 20:00	Circuits	Studio 3
20:00 - 20:30	Sprint - Virtual	Studio 1

<b>Time</b>	<b>Session</b>	<b>Facility</b>
20:15 - 21:00	Body Attack - Virtual	Studio 2