


Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 19/05/2024

Times for Monday 6 May			
Time	Session	Facility	
09:45 - 10:30	RPM	Studio 2	
10:30 - 11:30	Back To Sport: Walking Football	3G All Weather Pitch	
11:00 - 11:45	Low Aerobics	Studio 1	
12:15 - 13:15	Yoga	Studio 1	
13:45 - 14:45	Body Pump - Virtual	Studio 1	
15:30 - 16:00	RPM - Virtual	Studio 2	