

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 06/05/2024

### 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