

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 29/09/2026

Times for Tuesday 29 September			
Time	Session	Facility	
06:45 - 07:30	Body Pump - Virtual	Studio 1	
07:15 - 07:45	Sprint - Virtual	Studio 2	
07:45 - 08:15	Les Mills Core - Virtual	Studio 1	
09:30 - 10:15	RPM	Studio 2	
09:45 - 10:45	Tai Chi	Studio 1	
11:15 - 12:00	Low Circuit	Studio 1	
11:30 - 12:15	RPM - Virtual	Studio 2	
13:30 - 14:30	Body Combat - Virtual	Studio 1	
14:40 - 15:40	Body Pump - Virtual	Studio 1	
16:15 - 17:00	RPM - Virtual	Studio 2	
17:30 - 18:00	Fit Gym	Gym	
17:30 - 18:15	RPM - Virtual	Studio 2	
18:15 - 19:00	Body Combat	Studio 1	
18:30 - 19:15	Hatton Boxing	Fitness Suite	
19:15 - 20:00	Body Pump	Studio 1	