

# Howe Bridge Leisure Centre: Exercise classes

## Howe Bridge Leisure Centre

Accurate as of 29/09/2026

### Times for Wednesday 30 September



| Time          | Session                | Facility |
|---------------|------------------------|----------|
| 06:35 - 07:05 | Sprint - Virtual       | Studio 2 |
| 06:45 - 07:15 | Fast 30                | Gym      |
| 07:15 - 08:00 | The Trip (Virtual)     | Studio 2 |
| 07:20 - 08:05 | Sh'bam - Virtual       | Studio 1 |
| 08:15 - 09:00 | Body Balance - Virtual | Studio 1 |
| 09:15 - 10:15 | Body Pump              | Studio 1 |
| 09:45 - 10:30 | RPM                    | Studio 2 |
| 12:00 - 13:00 | Pilates                | Studio 1 |
| 13:00 - 13:45 | RPM - Virtual          | Studio 2 |
| 15:45 - 16:30 | Body Pump - Virtual    | Studio 1 |
| 16:45 - 17:15 | RPM - Virtual          | Studio 2 |
| 17:15 - 18:00 | Body Attack            | Studio 1 |
| 17:30 - 18:00 | Sprint - Virtual       | Studio 2 |
| 18:15 - 19:00 | Body Pump              | Studio 1 |
| 19:15 - 20:00 | RPM                    | Studio 2 |
| 19:15 - 20:15 | Dance Fitness          | Studio 1 |