

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 29/09/2026

Times for Friday 2 October			
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	
07:30 - 08:30	Body Pump - Virtual	Studio 1	
09:30 - 10:30	Body Combat	Studio 1	
09:45 - 10:30	RPM	Studio 2	
10:30 - 11:30	Back To Sport: Walking Football	3G All Weather Pitch	
10:45 - 11:15	HIIT Step	Studio 1	
12:15 - 13:15	Yoga	Studio 1	
13:30 - 14:30	Body Pump - Virtual	Studio 1	
14:00 - 14:45	RPM - Virtual	Studio 2	
15:30 - 16:30	Body Combat - Virtual	Studio 1	
17:30 - 18:00	Sprint - Virtual	Studio 2	
18:15 - 19:00	Body Pump - Virtual	Studio 1	
19:00 - 19:45	RPM - Virtual	Studio 2	