

Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 29/09/2026

Times for Saturday 3 October			
Time	Session	Facility	
08:30 - 09:30	Body Combat - Virtual	Studio 1	
09:15 - 10:00	RPM - Virtual	Studio 2	
10:15 - 11:00	Body Pump	Studio 1	
11:15 - 11:45	Les Mills Core - Virtual	Studio 1	
11:15 - 12:00	RPM - Virtual	Studio 2	
13:30 - 14:30	Body Combat - Virtual	Studio 1	
14:45 - 15:30	Sh'bam - Virtual	Studio 1	
15:30 - 16:00	Sprint - Virtual	Studio 2	