Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Tuesday 10 November

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