Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Wednesday 11 November

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