Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Thursday 12 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
09:15 - 10:00	HIIT Step	Studio 1
10:00 - 10:45	RPM	Studio 2
10:15 - 11:15	Tai Chi	Studio 1
11:45 - 12:30	Low Circuit	Studio 1
12:00 - 12:30	Sprint - Virtual	Studio 2
17:15 - 18:00	Body Pump - Virtual	Studio 1
17:30 - 18:15	RPM - Virtual	Studio 2
18:15 - 19:00	Body Combat	Studio 1
19:00 - 19:45	RPM - Virtual	Studio 2
19:05 - 19:50	Body Conditioning	Studio 1