Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Friday 13 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
07:30 - 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