Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Saturday 14 November

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