Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Sunday 15 November

Time	Session	Facility
08:15 - 09:00	RPM - Virtual	Studio 2
09:30 - 10:15	Body Combat	Studio 1
10:00 - 10:45	RPM - Virtual	Studio 2
10:30 - 11:15	Body Pump	Studio 1
11:30 - 12:00	Les Mills Core - Virtual	Studio 1
12:00 - 12:30	Sprint - Virtual	Studio 2
12:15 - 13:00	Sh'bam - Virtual	Studio 1
13:15 - 14:15	Body Combat - Virtual	Studio 1
14:30 - 15:15	Body Pump - Virtual	Studio 1
14:30 - 15:15	RPM - Virtual	Studio 2