Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 10/11/2026

Times for Monday 16 November

Time	Session	Facility
06:35 - 07:05	Sprint - Virtual	Studio 2
06:45 - 07:15	Fast 30	Gym
06:45 - 07:30	Grit Athletic - Virtual	Studio 1
07:15 - 08:00	The Trip (Virtual)	Studio 2
07:45 - 08:30	Body Pump - Virtual	Studio 1
08:45 - 09:30	Body Balance - Virtual	Studio 1
09:45 - 10:30	RPM	Studio 2
10:30 - 11:30	Back To Sport: Walking Football	3G All Weather Pitch
11:00 - 11:45	Low Aerobics	Studio 1
12:15 - 13:15	Yoga	Studio 1
13:45 - 14:45	Body Pump - Virtual	Studio 1
15:30 - 16:00	RPM - Virtual	Studio 2
16:00 - 16:45	Body Combat - Virtual	Studio 1
16:30 - 17:15	Let's Get Movin' (11-15 yrs)	Studio 1
17:00 - 17:30	HIIT Step	Studio 1
17:30 - 18:15	RPM	Studio 2
17:30 - 18:15	Fit Gym	Gym
17:45 - 18:45	Body Pump	Studio 1
19:00 - 19:45	RPM	Studio 2
19:00 - 20:00	Pilates	Studio 1

Time	Session	Facility
20:00 - 21:00	Yoga	Studio 1