

Fitness Classes - Hyndburn Leisure Centre

Hyndburn Leisure Centre

Accurate as of 13/05/2021

Times for Thursday 22 April



Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	Gym Session	Fitness Suite		*
7:30 am - 8:00 am	Circuit	Studio 1	Instructor to be arranged	**
7:30 am - 8:30 am	Gym Session	Fitness Suite		*
7:45 am - 8:45 am	Gym Session	Fitness Suite		*
8:45 am - 9:45 am	Gym Session	Fitness Suite		*
9:00 am - 10:00 am	Gym Session	Fitness Suite		*
9:30 am - 10:15 am	LES MILLS SH'BAM	Studio 3	Instructor to be arranged	***
10:00 am - 11:00 am	Gym Session	Fitness Suite		*
10:15 am - 11:15 am	Gym Session	Fitness Suite		*
10:30 am - 11:15 am	Fitness Yoga	Studio 1	Instructor to be arranged	**
11:45 am - 12:45 pm	Gym Session	Fitness Suite		*
1:00 pm - 2:00 pm	Gym Session	Fitness Suite		*
2:15 pm - 3:15 pm	Gym Session	Fitness Suite		*
3:15 pm - 4:15 pm	Gym Session	Fitness Suite		*
3:30 pm - 4:30 pm	Gym Session	Fitness Suite		*
4:30 pm - 5:30 pm	Gym Session	Fitness Suite		*
4:45 pm - 5:45 pm	Gym Session	Fitness Suite		*
5:15 pm - 6:00 pm	Fighting for Fitness	Studio 1	Instructor to be arranged	***
5:45 pm - 6:45 pm	Gym Session	Fitness Suite		*
6:00 pm - 6:45 pm	SPIN	Studio 2		
6:00 pm - 7:00 pm	Gym Session	Fitness Suite		*

Time	Session	Facility	Instructor	Level
6:15 pm - 7:00 pm	LES MILLS BODYSTEP	Studio 3	Instructor to be arranged	***
7:00 pm - 8:00 pm	Gym Session	Fitness Suite		*
7:15 pm - 8:00 pm	LES MILLS BODYCOMBAT	Studio 3		**
7:15 pm - 8:15 pm	Gym Session	Fitness Suite		*
8:00 pm - 9:00 pm	Gym Session	Fitness Suite		*