

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 25/05/2019

(25-05-2019 - 31-05-2019)



Day	Time	Session	Facility	Instructor	Level	Type
Sat	07:15 - 07:45	Teambeats	Gym	Various	***	Cardiovascular
Sat	08:00 - 08:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Sat	09:00 - 10:00	Circuits	Sports Hall	Various	***	Cardiovascular
Sat	09:15 - 10:15	BODYBALANCE (Virtual)	Studio 1			Cardiovascular
Sat	10:15 - 11:00	RPM	Cycle Studio	Gareth	***	Cardiovascular
Sat	11:00 - 12:00	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Sat	12:00 - 12:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Sat	13:00 - 13:45	SH'BAM (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Sat	14:00 - 14:30	Teambeats	Gym	Various	***	Cardiovascular
Sat	14:00 - 14:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Sat	15:00 - 15:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Sun	07:15 - 07:45	Teambeats	Gym	Various	***	Cardiovascular
Sun	09:00 - 09:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Sun	09:00 - 10:00	Bootcamp Circuit (16yrs+)	Outdoor	Various	***	Circuit

Day	Time	Session	Facility	Instructor	Level	Type
Sun	10:00 - 11:00	Yoga	Studio 1	Viv	**	Holistic
Sun	11:00 - 11:45	Zumba (14yrs+)	Studio 1	Freestyle Fitness	**	Dance
Sun	12:00 - 12:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Sun	12:00 - 13:00	BODYCOMBAT (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Sun	13:15 - 14:00	SH'BAM (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Sun	14:00 - 14:30	Teambeats	Gym	Various	***	Cardiovascular
Sun	14:00 - 14:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Sun	15:00 - 15:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Mon	08:15 - 08:45	CXWORX (Virtual)	Studio 1	Virtual Instructor	***	Cardiovascular
Mon	09:00 - 09:45	RPM (Virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Mon	09:30 - 10:30	Body Pump	Studio 1	Carla		Strength & Conditioning
Mon	10:35 - 11:20	RPM (Virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Mon	10:45 - 11:30	SH'BAM (Virtual)	Studio 1	Virtual Instructor		Cardiovascular
Mon	12:00 - 13:00	BODYCOMBAT (Virtual)	Studio 1	Virtual Instructor		Cardiovascular
Mon	13:00 - 13:45	RPM (Virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Mon	15:00 - 15:45	RPM (Virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Tue	07:00 - 07:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular

Day	Time	Session	Facility	Instructor	Level	Type
Tue	07:00 - 08:00	BODYCOMBAT (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Tue	08:15 - 08:45	BODYBALANCE (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Tue	09:30 - 10:15	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Tue	09:30 - 10:30	Pilates	Studio 1	Lisa Kleyn	**	Holistic
Tue	10:45 - 11:45	Back Rehab	Studio 1	Referral Only	*	Rehabilitation
Tue	11:00 - 11:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Tue	12:00 - 12:30	Teambeats	Gym	Various	***	Cardiovascular
Tue	12:00 - 13:00	Low Circuit	Studio 1	Various	*	Circuit
Tue	13:00 - 13:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Tue	14:00 - 15:00	BODYCOMBAT (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Tue	15:00 - 15:45	RPM (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Tue	15:15 - 15:45	CXWORX (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Tue	16:00 - 16:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Tue	16:00 - 16:45	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Tue	17:00 - 17:30	Teambeats	Gym	Various	***	Cardiovascular
Tue	17:00 - 17:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Tue	17:00 - 18:00	Yoga	Studio 1	Viv	**	Holistic

Day	Time	Session	Facility	Instructor	Level	Type
Tue	18:00 - 18:45	RPM	Cycle Studio	Various	***	Cardiovascular
Tue	18:00 - 19:00	Circuits	Sports Hall	Various	***	Cardiovascular
Tue	19:00 - 19:30	GRIT Plyo	Studio 1	Rob L	***	Cardiovascular
Tue	19:30 - 20:00	Total Abs	Studio 1	Rob L	***	Strength & Conditioning
Tue	20:00 - 20:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Tue	20:05 - 20:55	Aeromix (14yrs+)	Sports Hall	Freestyle Fitness	***	Cardiovascular
Tue	20:30 - 21:30	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Wed	07:00 - 07:30	Teambeats	Gym	Various	***	Cardiovascular
Wed	07:00 - 07:45	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Wed	07:00 - 07:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	08:15 - 09:15	BODYCOMBAT (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Wed	09:00 - 09:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	10:00 - 11:00	Body Pump	Studio 1	Various	***	Strength & Conditioning
Wed	11:00 - 11:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	11:15 - 11:45	CXWORX (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Wed	12:00 - 13:00	BODYBALANCE (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Wed	13:00 - 13:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular

Day	Time	Session	Facility	Instructor	Level	Type
Wed	14:00 - 15:00	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Wed	15:00 - 15:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	16:00 - 16:45	SH'BAM (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Wed	16:00 - 16:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	17:00 - 17:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	17:15 - 17:45	CXWORX (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Wed	18:00 - 18:30	GRIT Strength	Studio 1	Rob L	***	Cardiovascular
Wed	18:00 - 18:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	18:30 - 19:00	GRIT Cardio	Studio 1	No Instructor	***	Cardiovascular
Wed	19:15 - 19:45	SPRINT	Cycle Studio	Rob L	***	Cardiovascular
Wed	19:15 - 20:00	BODYCOMBAT	Studio 1	Sarah P	***	Cardiovascular
Wed	20:00 - 20:30	Total Abs	Studio 1	Sarah P	**	Strength & Conditioning
Wed	20:00 - 20:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Wed	20:05 - 20:55	Zumba (14yrs+)	Sports Hall	Freestyle Fitness	**	Dance
Thu	07:00 - 07:30	SPRINT (virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	07:00 - 08:00	BODYBALANCE (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Thu	08:15 - 09:00	SH'BAM (Virtual)	Studio 1	No Instructor	**	Cardiovascular

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>	<b>Type</b>
Thu	09:30 - 10:15	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	09:30 - 10:30	BODYCOMBAT	Studio 1	Carla	***	Cardiovascular
Thu	11:00 - 11:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	11:00 - 12:00	Pain Management	Studio 1	Referral Only	*	Rehabilitation
Thu	12:00 - 12:30	Teambeats	Gym	Various	***	Cardiovascular
Thu	12:30 - 13:00	BODYBALANCE (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Thu	13:00 - 13:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	13:30 - 14:30	Pilates	Studio 1	Jilly	**	Holistic
Thu	15:00 - 15:30	SPRINT (virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	15:00 - 15:30	CXWORX (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Thu	16:00 - 16:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	16:00 - 16:45	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Thu	17:00 - 17:30	Teambeats	Gym	Various	***	Cardiovascular
Thu	18:00 - 18:45	Indoor Cycling	Cycle Studio	Various	***	Cardiovascular
Thu	18:00 - 19:00	Hatton Boxing	Sports Hall	Sean Thompson	***	Cardiovascular
Thu	18:15 - 19:15	Body Pump	Studio 1	Various	***	Strength & Conditioning
Thu	18:30 - 19:15	5k + Run Group	Running	Various	***	Cardiovascular

Day	Time	Session	Facility	Instructor	Level	Type
Thu	19:05 - 19:55	Aeromix (14yrs+)	Sports Hall	Freestyle Fitness	**	Cardiovascular
Thu	19:15 - 20:00	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Thu	20:00 - 21:00	Circuits	Sports Hall	Sean Thompson	***	Cardiovascular
Thu	20:00 - 21:00	BODYBALANCE (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Fri	08:15 - 08:45	Teambeats	Gym	Various	***	Cardiovascular
Fri	08:15 - 09:15	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Fri	09:15 - 10:00	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Fri	10:00 - 11:00	Pilates	Studio 1	Lisa Kenealy	**	Holistic
Fri	11:15 - 11:45	BODYCOMBAT (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Fri	12:00 - 12:45	SH'BAM (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Fri	13:00 - 13:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
Fri	14:00 - 14:30	CXWORX (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Fri	16:00 - 16:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
Fri	16:00 - 17:00	BODYPUMP (Virtual)	Studio 1	No Instructor	***	Cardiovascular
Fri	17:00 - 17:30	Teambeats	Gym	Various	***	Cardiovascular
Fri	17:15 - 17:45	CXWORX (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Fri	17:30 - 18:15	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>	<b>Type</b>
Fri	18:00 - 18:45	Glow	Studio 1	Freestyle Fitness	**	Cardiovascular
Fri	19:00 - 19:45	BODYBALANCE (Virtual)	Studio 1	No Instructor	**	Cardiovascular
Fri	19:00 - 19:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular