

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 19/01/2018

(19-01-2018 - 25-01-2018)



Day	Time	Session	Facility	Instructor	Level	Type
Fri	19:00 - 20:00	Badminton For All	Main Hall	Back To Sport Programme		Cardiovascular
Fri	20:00 - 21:00	Back To Basketball	Main Hall	Back To Sport Programme		Cardiovascular
Sat	09:00 - 10:00	Circuits	Main Hall	Various	***	Cardiovascular
Sun	10:00 - 11:00	Yoga	Main Hall	Viv	*	Strength & Conditioning
Sun	11:05 - 11:55	Zumba (14yrs+)	Main Hall	Freestyle Fitness	***	Dance
Mon	18:00 - 19:00	Thump Boxing	Main Hall	Sean Thompson	***	Cardiovascular
Tue	17:00 - 18:00	Yoga	Main Hall	Viv	*	Strength & Conditioning
Tue	18:00 - 19:00	Circuits	Main Hall	Sean Thompson	***	Cardiovascular
Tue	20:05 - 20:55	Aeromix (14yrs+)	Main Hall	Freestyle Fitness	***	Cardiovascular
Wed	17:00 - 17:30	GRIT Cardio	Main Hall	Rob L	***	Cardiovascular
Wed	17:40 - 18:10	GRIT Plyo	Main Hall	Rob L	***	Cardiovascular
Wed	18:20 - 18:50	CXWORX	Main Hall	Rob L	***	Cardiovascular
Wed	20:05 - 20:55	Zumba (14yrs+)	Main Hall	Freestyle Fitness	***	Dance
Thu	17:00 - 18:00	Thump Boxing	Main Hall	Sean Thompson	***	Cardiovascular

Day	Time	Session	Facility	Instructor	Level	Type
Thu	18:00 - 19:00	Body Pump	Main Hall	Mandy	***	Strength & Conditioning
Thu	18:30 - 19:15	Beginners Running	Running	Bill	**	Cardiovascular
Thu	19:05 - 19:55	Aeromix (14yrs+)	Main Hall	Freestyle Fitness	***	Cardiovascular
Thu	19:15 - 20:00	Intermediate Running	Running	Bill	***	Cardiovascular
Thu	20:00 - 21:00	Circuits	Main Hall	Sean Thompson	***	Cardiovascular