

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 23/04/2024

### Times for Wednesday 25 October



Time	Session
17:00 - 17:30	GRIT Cardio (Cancelled)
17:40 - 18:10	GRIT Plyo (Cancelled)
18:20 - 18:50	CXWORX (Cancelled)
20:05 - 20:55	Zumba (14yrs+)