

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 28/04/2024

Times for Wednesday 1 November



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