Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Monday 24 December

Time	Session
07:00 - 07:30	TeamBeats
07:00 - 07:45	RPM (Virtual)
07:00 - 08:00	BODYPUMP (Virtual)
08:15 - 08:45	CXWORX (Virtual)
09:00 - 09:45	RPM (Virtual)
09:30 - 10:30	BODYPUMP (Virtual)
10:35 - 11:20	RPM (Virtual)
10:45 - 11:30	SH'BAM (Virtual)
12:00 - 13:00	BODYCOMBAT (Virtual)
13:00 - 22:00	Centre Closed