

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 27 December



Time	Session
07:00 - 07:45	RPM (Virtual)
07:00 - 08:00	BODYBALANCE (Virtual)
08:15 - 09:00	SH'BAM (Virtual)
09:30 - 10:15	RPM (Virtual)
09:30 - 10:30	BODYCOMBAT (Virtual)
11:00 - 11:45	RPM (Virtual)
12:00 - 12:30	TeamBeats
12:30 - 13:00	BODYBALANCE (Virtual)
13:00 - 13:45	RPM (Virtual)
15:00 - 15:30	CXWORX (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 22:00	Centre Closed