

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 28 December



Time	Session
08:15 - 08:45	TeamBeats
08:15 - 09:15	BODYPUMP (Virtual)
09:15 - 10:00	RPM (Virtual)
10:00 - 11:00	BODYBALANCE (Virtual)
11:00 - 11:45	RPM (Virtual)
11:15 - 11:45	BODYCOMBAT (Virtual)
12:00 - 12:45	SH'BAM (Virtual)
13:00 - 13:45	RPM (Virtual)
14:00 - 14:30	CXWORX (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 22:00	Centre Closed