

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 03/05/2024

Times for Sunday 30 December



Time	Session
07:15 - 07:45	TeamBeats
09:00 - 09:30	CXWORX (Virtual)
09:00 - 10:00	Bootcamp Circuit (16yrs+)
10:00 - 10:45	BODYPUMP (Virtual)
10:15 - 11:00	RPM (Virtual)
12:00 - 12:45	RPM (Virtual)
12:00 - 13:00	BODYCOMBAT (Virtual)
13:15 - 14:00	SH'BAM (Virtual)
14:00 - 14:30	TeamBeats
14:00 - 14:45	RPM (Virtual)
15:00 - 15:45	RPM (Virtual)