

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 29/04/2024

Times for Saturday 6 July



| Time | Session |
|---------------|-----------------------|
| 07:15 - 07:45 | TeamBeats |
| 08:00 - 08:45 | RPM (Virtual) |
| 09:00 - 10:00 | Circuits |
| 09:15 - 10:15 | BODYBALANCE (Virtual) |
| 10:15 - 11:00 | RPM |
| 11:00 - 11:30 | GRIT Cardio |
| 11:00 - 12:00 | BODYPUMP (Virtual) |
| 12:00 - 12:30 | SPRINT (virtual) |
| 13:00 - 13:45 | SH'BAM (Virtual) |
| 14:00 - 14:30 | TeamBeats |
| 14:00 - 14:45 | RPM (Virtual) |
| 15:00 - 15:45 | RPM (Virtual) |