Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Friday 23 August

Time	Session
08:15 - 08:45	TeamBeats
08:15 - 09:15	BODYPUMP (Virtual)
09:15 - 10:00	RPM (Virtual)
10:00 - 11:00	Pilates
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)
16:00 - 16:30	SPRINT
16:00 - 17:00	BODYPUMP (Virtual)
17:00 - 17:30	TeamBeats
17:15 - 17:45	CXWORX (Virtual)
17:30 - 18:15	RPM (Virtual)
19:00 - 19:45	BODYBALANCE (Virtual)
19:00 - 19:45	RPM (Virtual)