

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 17/05/2025

### Times for Saturday 19 October



| 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)         |