

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 25/04/2024

Times for Wednesday 23 October



| Time | Session |
|---------------|-----------------------|
| 07:00 - 07:30 | TeamBeats |
| 07:00 - 07:45 | BODYPUMP (Virtual) |
| 07:00 - 07:45 | RPM (Virtual) |
| 08:15 - 09:15 | BODYCOMBAT (Virtual) |
| 09:00 - 09:45 | RPM (Virtual) |
| 11:00 - 11:45 | RPM (Virtual) |
| 12:00 - 13:00 | BODYBALANCE (Virtual) |
| 13:00 - 13:45 | RPM (Virtual) |
| 14:00 - 15:00 | BODYPUMP (Virtual) |
| 15:00 - 15:45 | RPM (Virtual) |
| 16:00 - 16:45 | RPM (Virtual) |
| 16:00 - 17:00 | Pilates |
| 17:00 - 17:45 | RPM (Virtual) |
| 17:15 - 17:45 | CXWORX (Virtual) |
| 18:00 - 18:30 | GRIT Strength |
| 18:00 - 18:45 | RPM (Virtual) |
| 18:30 - 19:00 | GRIT Cardio |
| 19:15 - 19:45 | SPRINT |
| 19:15 - 20:00 | BODYCOMBAT |
| 20:00 - 20:30 | Total Abs |
| 20:00 - 20:45 | RPM (Virtual) |

Time

Session

20:05 - 20:55

Zumba (14yrs+)