

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 03/05/2024

### Times for Tuesday 24 March



| Time          | Session               |
|---------------|-----------------------|
| 07:00 - 07:45 | RPM (Virtual)         |
| 07:00 - 08:00 | BODYCOMBAT (Virtual)  |
| 08:15 - 08:45 | BODYBALANCE (Virtual) |
| 09:30 - 10:15 | RPM (Virtual)         |
| 09:30 - 10:30 | Pilates               |
| 10:45 - 11:45 | Back Rehab            |
| 11:00 - 11:45 | RPM (Virtual)         |
| 12:00 - 12:30 | TeamBeats             |
| 12:00 - 13:00 | Low Circuit           |
| 13:00 - 13:30 | SPRINT (virtual)      |
| 14:00 - 15:00 | BODYCOMBAT (Virtual)  |
| 15:00 - 15:45 | RPM (Virtual)         |
| 16:00 - 16:45 | RPM (Virtual)         |
| 16:00 - 16:45 | BODYPUMP (Virtual)    |
| 17:00 - 17:30 | TeamBeats             |
| 17:00 - 17:45 | RPM (Virtual)         |
| 17:00 - 18:00 | Yoga                  |
| 18:00 - 18:45 | RPM                   |
| 18:00 - 19:00 | Circuits              |
| 19:00 - 19:30 | GRIT Plyo             |
| 19:30 - 20:00 | Total Abs             |

| <b>Time</b>   | <b>Session</b>     |
|---------------|--------------------|
| 20:00 - 20:45 | RPM (Virtual)      |
| 20:05 - 20:55 | Aeromix (14yrs+)   |
| 20:30 - 21:30 | BODYPUMP (Virtual) |