

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 28/04/2024

### Times for Monday 19 October



Time	Session	Facility	Level	Type
7:15 am - 8:00 am	Core Plus	Gymnasium	£5.80	Strength / Toning
6:30 pm - 7:15 pm	Zumba	Gymnasium	£5.80	Cardio / Calorie burning
7:30 pm - 8:15 pm	Legs, Bums & Tums	Gymnasium	£5.80	Strength / Toning