

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 17/05/2025

### Times for Tuesday 20 October



Time	Session	Facility	Level	Type
7:15 am - 8:00 am	HIIT	Gymnasium	£5.80	Strength / Toning
5:45 pm - 6:30 pm	Freedom Bootcamp	Gymnasium	£5.80	Small Group Exercise Sessions
6:45 pm - 7:15 pm	Ab Attack	Gymnasium	£4.40	Strength / Toning
7:30 pm - 8:15 pm	Yogalates	Gymnasium	£5.80	Mind Body Training