

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 28/04/2024

### Times for Wednesday 28 October



Time	Session	Facility	Level	Type
7:15 am - 8:00 am	Freestyle Yoga	Gymnasium	£5.80	Mind Body Training
6:30 pm - 7:15 pm	Box Fit	Gymnasium	£5.80	Cardio / Calorie burning