


# exercise class programme

## Ash Manor Sports Centre

Accurate as of 11/05/2024

Times for Thursday 29 October					
Time	Session	Facility	Level	Type	
7:15 am - 8:00 am	Freedom Indoor Cycling	Main Hall	£5.80	Cardio / Calorie burning	
6:15 pm - 7:00 pm	Legs, Bums & Tums	Gymnasium	£5.80	Strength / Toning	
7:15 pm - 8:00 pm	Zumba	Gymnasium	£5.80	Cardio / Calorie burning	