


exercise class programme

Ash Manor Sports Centre

Accurate as of 10/05/2024

Times for Friday 30 October					
Time	Session	Facility	Level	Type	
7:15 am - 8:00 am	Body Conditioning Class	Gymnasium	£5.80	Strength / Toning	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Gymnasium	£5.80	Cardio / Calorie burning	
7:15 pm - 8:00 pm	Yoga Flow	Gymnasium	£5.80	Mind Body Training	