

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 28/04/2024

### 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