

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 29/04/2024

### Times for Saturday 31 October



Time	Session	Facility	Level	Type
9:00 am - 9:45 am	PiYo	Gymnasium	£5.80	Mind Body Training
9:15 am - 10:00 am	Freedom Indoor Cycling	Main Hall	£5.80	Cardio / Calorie burning
10:00 am - 10:45 am	Freestyle Pilates	Gymnasium	£5.80	Mind Body Training
10:15 am - 11:00 am	Freedom Circuits	Main Hall	£5.80	Strength / Toning