exercise class programme
Ash Manor Sports Centre

Accurate as of 17/05/2024

Times for Thursday 18 August

Time	Session	Facility	Level	Type
9:30 am - 10:30 am	Freestyle Yoga	Gymnasium		Mind Body Training
6:00 pm - 6:45 pm	Freedom Interval Training	Gymnasium		Cardio / Calorie burning
7:00 pm - 7:45 pm	Legs, Bums & Tums	Gymnasium		Strength / Toning
7:45 pm - 8:30 pm	Freestyle Pilates	Gymnasium		Mind Body Training