

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 23/04/2024

### Times for Wednesday 24 August



Time	Session	Facility	Level	Type
9:15 am - 10:15 am	Freestyle Yoga	Gymnasium		Mind Body Training
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Gymnasium		Cardio / Calorie burning