

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	Level	Type
7:00 am - 7:30 am	Freedom Circuits	Gym		Strength / Toning
9:00 am - 10:00 am	Freestyle Yoga	Gymnasium		Mind Body Training
6:15 pm - 7:00 pm	Freedom Bootcamp	Gymnasium		Small Group Exercise Sessions
7:00 pm - 8:00 pm	Freestyle Yoga	Gymnasium		Mind Body Training