


# exercise class programme

## Ash Manor Sports Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May					
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	
6:45 pm - 7:15 pm	Tabata / Tabata	Gymnasium		Strength / Toning	
7:15 pm - 7:45 pm	Core Plus	Gymnasium		Strength / Toning	