

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 06/05/2024

### Times for Thursday 2 May



Time	Session	Facility	Level	Type
9:15 am - 10:15 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
7:00 pm - 7:45 pm	Coach by Colour Indoor Cycling	Gymnasium		Cardio / Calorie burning
7:45 pm - 8:30 pm	Freestyle Pilates	Gymnasium		Mind Body Training