

# exercise class programme

## Ash Manor Sports Centre

Accurate as of 19/05/2024

### Times for Saturday 4 May



Time	Session	Facility	Level	Type
8:00 am - 8:45 am	Freestyle Pilates	Gymnasium		Mind Body Training
8:15 am - 9:00 am	Freedom Indoor Cycling	Main Hall		Cardio / Calorie burning
9:00 am - 9:45 am	Strength & Conditioning	Gymnasium		Strength / Toning
9:45 am - 10:30 am	Circuits	Gymnasium		Strength / Toning