

exercise class programme

Ash Manor Sports Centre

Accurate as of 12/09/2026

Times for Monday 14 September					
Time	Session	Facility	Level	Type	
6:30 pm - 7:15 pm	Total Body Conditioning	Gymnasium		Strength / Toning	
6:30 pm - 7:15 pm	Group Cycling	Indoor Cycling Studio		Cardio / Calorie burning	
7:15 pm - 7:45 pm	Upper Body Strength + Tone	Gymnasium		Strength / Toning	