

exercise class programme

Ash Manor Sports Centre

Accurate as of 12/09/2026

Times for Tuesday 15 September					
Time	Session	Facility	Level	Type	
7:00 am - 7:30 am	Freedom Circuits	Gym		Strength / Toning	
9:15 am - 10:15 am	Vinyasa Yoga	Indoor Cycling Studio		Mind Body Training	
6:15 pm - 7:00 pm	Coach by Colour Indoor Cycling	Indoor Cycling Studio		Cardio / Calorie burning	
6:15 pm - 7:00 pm	Zumba	Gymnasium		Cardio / Calorie burning	
7:00 pm - 8:00 pm	Vinyasa Yoga	Gymnasium		Mind Body Training	