

exercise class programme

Ash Manor Sports Centre

Accurate as of 12/09/2026

Times for Wednesday 16 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
6:30 pm - 7:15 pm	Group Cycling	Indoor Cycling Studio		Cardio / Calorie burning
6:30 pm - 7:15 pm	Boxercise	Gymnasium		Strength / Toning
7:15 pm - 7:45 pm	Express Core	Gymnasium		Strength / Toning