

exercise class programme

Ash Manor Sports Centre

Accurate as of 12/09/2026

Times for Thursday 17 September

Time	Session	Facility	Level	Type
9:15 am - 10:15 am	Vinyasa Yoga	Indoor Cycling Studio		Mind Body Training
6:00 pm - 6:45 pm	Strength Circuit	Gymnasium		Strength / Toning
7:00 pm - 7:45 pm	Strength & Sculpt	Gymnasium		Strength / Toning
7:45 pm - 8:30 pm	Pilates Flow	Gymnasium		Mind Body Training