

# exercise class programme

## Ashbourne Leisure Centre

Accurate as of 19/05/2024

Times for Wednesday 22 June

Time	Session	Facility	Level
9:00 am - 9:30 am	HIIT	Studio	
9:45 am - 10:30 am	Aerobics	Studio	
10:45 am - 11:30 am	Swiss Ball	Studio	
2:00 pm - 3:00 pm	Pilates	Studio	
6:00 pm - 7:00 pm	Circuits	Studio	
7:00 pm - 8:00 pm	Pilates	Studio	