

# exercise class programme

## Ashbourne Leisure Centre

Accurate as of 19/05/2024

Times for Friday 24 June			
Time	Session	Facility	Level
9:00 am - 9:30 am	Metafit	Studio	
9:30 am - 10:15 am	Aerobics	Studio	
10:15 am - 11:00 am	50+ Aerobics	Studio	