

# exercise class programme

## Ashbourne Leisure Centre

Accurate as of 07/05/2024

### Times for Saturday 25 June



Time	Session	Facility	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	Activity Room	
10:00 am - 10:45 am	Kettlebells	Studio	
11:30 am - 12:15 pm	Pilates	Studio	