exercise class programmeAshbourne Leisure Centre

Accurate as of 05/07/2025

Times for Wednesday 29 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		