

exercise class programme

Ashbourne Leisure Centre

Accurate as of 05/07/2025

Times for Thursday 30 June			
Time	Session	Facility	Level
6:40 am - 7:25 am	HIIT Conditioning	Studio	
9:30 am - 10:15 am	Step Aerobics	Studio	
10:30 am - 11:15 am	Kettlebells	Studio	
11:30 am - 12:15 pm	Aqua Aerobics	Pool	
1:00 pm - 2:00 pm	Exercise Referral	Gym	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Activity Room	
6:15 pm - 6:45 pm	Aqua HIIT	Pool	