


exercise class programme

Ashbourne Leisure Centre

Accurate as of 05/07/2025

Times for Friday 1 July				
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		