

# exercise class programme

## Ashbourne Leisure Centre

Accurate as of 06/07/2025

Times for Saturday 2 July			
Time	Session	Facility	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	Activity Room	
10:00 am - 10:45 am	Kettlebells	Studio	
11:00 am - 11:45 am	Pilates	Studio	