

exercise class programme

Ashbourne Leisure Centre

Accurate as of 20/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
9:00 am - 9:30 am	Metafit	Studio	
9:45 am - 10:30 am	Aerobics	Studio	
10:45 am - 11:30 am	50+ Aerobics	Studio	
11:45 am - 12:30 pm	Aqua Aerobics	Pool	
1:30 pm - 2:15 pm	Pilates	Studio	
2:30 pm - 3:15 pm	Pilates	Studio	
5:00 pm - 5:45 pm	Freedom Indoor Cycling	Activity Room	
6:00 pm - 6:45 pm	Step Aerobics	Studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Activity Room	
7:00 pm - 8:00 pm	Circuits	Studio	