

exercise class programme

Ashbourne Leisure Centre

Accurate as of 19/05/2024

Times for Saturday 27 April			
Time	Session	Facility	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	Activity Room	
10:00 am - 10:45 am	Kettlebells	Studio	
10:45 am - 11:30 am	Kettlebells	Studio	
11:30 am - 12:15 pm	Pilates	Studio	
1:00 pm - 2:15 pm	Yin Yoga	Studio	