

exercise class programme

Ashbourne Leisure Centre

Accurate as of 07/05/2024

Times for Monday 29 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 | |
| 7:15 pm - 8:15 pm | Circuits | Studio | |