

exercise class programme

Ashbourne Leisure Centre

Accurate as of 19/05/2024

Times for Tuesday 30 April			
Time	Session	Facility	Level
6:40 am - 7:25 am	Freedom Circuits	Studio	
9:30 am - 10:15 am	Step Aerobics	Studio	
10:30 am - 11:15 am	Kettlebells	Studio	
1:00 pm - 2:00 pm	Exercise Referral	Studio	
2:00 pm - 3:00 pm	Yoga	Studio	
3:15 pm - 4:00 pm	Weights For Women	Studio	
5:00 pm - 5:45 pm	Freedom Indoor Cycling	Activity Room	
6:00 pm - 6:30 pm	HIIT Step	Studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Activity Room	
6:30 pm - 7:00 pm	Kettlebells	Studio	
7:00 pm - 8:00 pm	Yoga	Studio	
7:00 pm - 8:00 pm	Freedom Indoor Cycling	Activity Room	
8:15 pm - 9:00 pm	Weights For Women	Studio	