

# exercise class programme

## Ashbourne Leisure Centre

Accurate as of 08/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Level
9:00 am - 9:30 am	HIIT	Studio	
9:45 am - 10:30 am	Aerobics	Studio	
10:45 am - 11:30 am	Swiss Ball	Studio	
11:30 am - 12:00 pm	Walkfit	Studio	
1:15 pm - 1:55 pm	Tai Chi	Studio	
2:00 pm - 3:00 pm	Pilates	Studio	
5:30 pm - 6:00 pm	Beginners Circuits	Studio	
6:00 pm - 7:00 pm	Circuits	Studio	
7:00 pm - 8:00 pm	Pilates	Studio	