

exercise class programme

Ashbourne Leisure Centre

Accurate as of 20/05/2024

Times for Saturday 4 May



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	