

exercise class programme

Ashbourne Leisure Centre

Accurate as of 30/09/2026

Times for Wednesday 30 September



Time	Session	Facility	Level
7:45 am - 8:30 am	Yoga	Studio	
9:00 am - 9:30 am	Kettlebells	Studio	
9:30 am - 10:15 am	Freedom Indoor Cycling	Activity Room	
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	
1:00 pm - 1:55 pm	Tai Chi	Studio	
2:00 pm - 3:00 pm	Pilates	Studio	
5:00 pm - 5:45 pm	Kettlebells	Studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Activity Room	
6:00 pm - 7:00 pm	Circuits	Studio	
7:00 pm - 8:00 pm	Pilates	Studio	