

exercise class programme

Ashbourne Leisure Centre

Accurate as of 30/09/2026

Times for Friday 2 October			
Time	Session	Facility	Level
9:00 am - 9:30 am	Metafit	Studio	
9:30 am - 10:15 am	Aerobics	Studio	
9:30 am - 10:15 am	Freedom Indoor Cycling	Activity Room	
10:15 am - 11:00 am	50+ Aerobics	Studio	
11:15 am - 11:45 am	Walkfit	Studio	
5:30 pm - 6:30 pm	Legs, Bums & Tums	Studio	
6:30 pm - 7:15 pm	Body Blast	Studio	