

exercise class programme

Ashbourne Leisure Centre

Accurate as of 30/09/2026

Times for Saturday 3 October

Time	Session	Facility	Level
9:00 am - 9:45 am	Circuits	Studio	
9:00 am - 9:45 am	Freedom Indoor Cycling	Activity Room	
10:00 am - 10:45 am	Kettlebells	Studio	
11:00 am - 12:00 pm	Yoga	Studio	