

exercise class programme

Ashbourne Leisure Centre

Accurate as of 30/09/2026

Times for Monday 5 October



Time	Session	Facility	Level
6:40 am - 7:25 am	Freedom Indoor Cycling	Activity Room	
6:45 am - 7:30 am	Yoga	Studio	
7:45 am - 8:45 am	Sculpt & Tone	Studio	
9:00 am - 9:30 am	Metafit	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	50+ Aerobics	Studio	
11:45 am - 12:30 pm	Aqua Aerobics	Pool	
1:30 pm - 2:30 pm	Pilates	Studio	
5:00 pm - 5:45 pm	Freedom Indoor Cycling	Activity Room	
6:00 pm - 6:45 pm	Step Aerobics	Studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Activity Room	
7:00 pm - 7:45 pm	Circuits	Studio	
7:45 pm - 8:30 pm	Pilates	Studio	