

exercise class programme

Ashbourne Leisure Centre

Accurate as of 03/10/2026

Times for Thursday 8 October				
Time	Session	Facility	Level	
6:40 am - 7:25 am	HIIT Conditioning	Studio		
9:30 am - 10:15 am	Step Aerobics	Studio		
10:30 am - 11:15 am	Kettlebells	Studio		
11:30 am - 12:15 pm	Aqua Aerobics	Pool		
1:00 pm - 2:00 pm	Exercise Referral	Gym		
5:00 pm - 6:00 pm	Strength & Conditioning	Studio		
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Activity Room		
6:00 pm - 7:00 pm	Pilates	Studio		
6:15 pm - 6:45 pm	Aqua HIIT	Pool		