

Dry

Ashton Leisure Centre

Accurate as of 20/05/2024

Times for Friday 10 May



| Time | Session | Facility |
|---------------|---------------------|--------------|
| 07:10 - 07:55 | Body Pump - Virtual | Studio 1 |
| 08:15 - 09:15 | Body Pump - Virtual | Studio 1 |
| 09:15 - 10:00 | RPM - Virtual | Cycle Studio |
| 10:00 - 11:00 | Pilates | Studio 1 |
| 11:00 - 11:45 | RPM - Virtual | Cycle Studio |
| 13:00 - 13:45 | RPM - Virtual | Cycle Studio |
| 16:00 - 16:45 | RPM - Virtual | Cycle Studio |
| 17:30 - 18:30 | Pilates | Studio 1 |
| 18:35 - 19:20 | RPM | Cycle Studio |
| 18:45 - 19:30 | Body Pump - Virtual | Studio 1 |