

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 17/04/2024

### Times for Thursday 19 October



Time	Session
17:00 - 18:00	Thump Boxing
18:00 - 19:00	Body Pump
18:30 - 19:15	Beginners Running
18:30 - 19:15	Intermediate Running
19:05 - 19:55	Aeromix (14yrs+)
20:00 - 21:00	Circuits