

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 02/05/2024

### Times for Monday 21 May



| Time          | Session              |
|---------------|----------------------|
| 07:00 - 08:00 | BODYPUMP (Virtual)   |
| 08:15 - 08:45 | CXWORX (Virtual)     |
| 09:15 - 10:00 | RPM                  |
| 09:30 - 10:30 | Body Pump            |
| 10:35 - 11:20 | RPM (Virtual)        |
| 12:00 - 13:00 | BODYCOMBAT (Virtual) |
| 13:00 - 13:45 | RPM (Virtual)        |
| 15:00 - 15:45 | RPM (Virtual)        |
| 16:00 - 16:45 | RPM (Virtual)        |
| 16:00 - 17:00 | BODYPUMP (Virtual)   |
| 17:15 - 17:45 | Total Abs            |
| 18:00 - 18:30 | SPRINT               |
| 18:00 - 19:00 | BODYCOMBAT           |
| 19:00 - 19:45 | RPM                  |
| 19:15 - 20:00 | Body Pump            |
| 20:00 - 20:45 | RPM (Virtual)        |
| 20:15 - 21:00 | SH'BAM (Virtual)     |