Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 29 May

Time	Session
07:00 - 07:45	RPM (Virtual)
07:00 - 08:00	BODYCOMBAT (Virtual)
08:15 - 08:45	BODYBALANCE (Virtual)
09:30 - 10:15	RPM (Virtual)
09:30 - 10:30	Pilates
10:45 - 11:45	Back Rehab
11:00 - 11:45	RPM (Virtual)
12:00 - 13:00	Low Circuit
14:00 - 15:00	BODYCOMBAT (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 16:45	RPM (Virtual)
16:00 - 16:45	BODYPUMP (Virtual)
17:00 - 17:45	RPM (Virtual)
17:00 - 18:00	Yoga
18:00 - 18:45	RPM
18:00 - 19:00	Circuits
20:00 - 20:45	RPM (Virtual)
20:30 - 21:30	BODYPUMP (Virtual)