

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 30/04/2024

### Times for Sunday 3 June



Time	Session
10:00 - 11:00	Yoga
11:00 - 11:45	Zumba (14yrs+)
12:00 - 12:45	RPM (Virtual)
12:00 - 13:00	BODYCOMBAT (Virtual)
13:15 - 14:00	SH'BAM (Virtual)
15:00 - 15:45	RPM (Virtual)