

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 26/04/2024

Times for Sunday 26 August



| Time | Session |
|---------------|----------------------|
| 07:15 - 07:45 | TeamBeats |
| 09:00 - 10:00 | Circuits |
| 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) |
| 14:00 - 14:30 | TeamBeats |
| 15:00 - 15:45 | RPM (Virtual) |