

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 08/05/2024

### Times for Monday 27 August



Time	Session
07:00 - 07:30	TeamBeats
07:00 - 07:45	RPM (Virtual)
07:00 - 08:00	BODYPUMP (Virtual)
08:15 - 08:45	CXWORX (Virtual)
09:00 - 09:45	RPM (Virtual)
09:30 - 10:30	Body Pump
10:35 - 11:20	RPM
10:45 - 11:30	SH'BAM (Virtual)
12:00 - 13:00	BODYCOMBAT (Virtual)
13:00 - 13:45	RPM (Virtual)
14:00 - 14:45	BODYPUMP (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 16:45	RPM (Virtual)
16:00 - 17:00	BODYBALANCE (Virtual)