

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 20/04/2024

### Times for Friday 21 September



| Time          | Session               |
|---------------|-----------------------|
| 08:15 - 08:45 | TeamBeats             |
| 08:15 - 09:15 | BODYPUMP (Virtual)    |
| 09:15 - 10:00 | RPM (Virtual)         |
| 10:00 - 11:00 | Pilates               |
| 11:15 - 11:45 | BODYCOMBAT (Virtual)  |
| 12:00 - 12:45 | SH'BAM (Virtual)      |
| 13:00 - 13:45 | RPM (Virtual)         |
| 14:00 - 14:30 | CXWORX (Virtual)      |
| 16:00 - 17:00 | BODYPUMP (Virtual)    |
| 17:00 - 17:30 | TeamBeats             |
| 17:15 - 17:45 | CXWORX (Virtual)      |
| 17:30 - 18:15 | RPM (Virtual)         |
| 19:00 - 19:45 | BODYBALANCE (Virtual) |
| 19:00 - 19:45 | RPM (Virtual)         |