Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Monday 24 September

Time	Session
07:00 - 07:30	TeamBeats
07:00 - 08:00	BODYPUMP (Virtual)
08:15 - 08:45	CXWORX (Virtual)
09:15 - 10:00	RPM
09:30 - 10:30	Body Pump
10:35 - 11:20	RPM (Virtual)
12:00 - 13:00	BODYCOMBAT (Virtual)
13:00 - 13:45	RPM (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 16:45	RPM (Virtual)
16:00 - 17:00	BODYPUMP (Virtual)
17:15 - 17:45	Total Abs
18:00 - 18:30	SPRINT
18:00 - 19:00	BODYCOMBAT
19:00 - 19:45	RPM
19:15 - 20:00	Body Pump
20:00 - 20:45	RPM (Virtual)
20:15 - 21:00	SH'BAM (Virtual)