

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 04/05/2024

### Times for Sunday 30 September



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)