Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Saturday 27 October

Time	Session
07:15 - 07:45	TeamBeats
09:00 - 10:00	Circuits
10:15 - 11:00	RPM
11:00 - 11:30	GRIT Cardio
11:00 - 12:00	BODYPUMP (Virtual)
13:00 - 13:45	SH'BAM (Virtual)
14:00 - 14:30	TeamBeats
14:00 - 14:45	RPM (Virtual)
15:00 - 15:45	RPM (Virtual)