


Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 30/04/2024

Times for Monday 10 December		
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	
18:00 - 19:00	Hatton Boxing	
19:00 - 19:45	RPM	
19:15 - 20:00	Body Pump	
20:00 - 20:45	RPM (Virtual)	
20:15 - 21:00	SH'BAM (Virtual)	