

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 29/04/2024

### Times for Tuesday 15 January



| Time          | Session               |
|---------------|-----------------------|
| 07:00 - 07:45 | RPM (Virtual)         |
| 07:00 - 08:00 | BODYCOMBAT (Virtual)  |
| 08:15 - 08:45 | BODYBALANCE (Virtual) |
| 09:30 - 10:15 | RPM (Virtual)         |
| 09:30 - 10:30 | Pilates               |
| 10:45 - 11:45 | Back Rehab            |
| 11:00 - 11:45 | RPM (Virtual)         |
| 12:00 - 13:00 | Low Circuit           |
| 14:00 - 15:00 | BODYCOMBAT (Virtual)  |
| 15:00 - 15:45 | RPM (Virtual)         |
| 16:00 - 16:45 | RPM (Virtual)         |
| 16:00 - 16:45 | BODYPUMP (Virtual)    |
| 17:00 - 17:30 | TeamBeats             |
| 17:00 - 17:45 | RPM (Virtual)         |
| 17:00 - 18:00 | Yoga                  |
| 18:00 - 18:45 | RPM                   |
| 18:00 - 19:00 | Circuits              |
| 19:00 - 19:30 | GRIT Plyo             |
| 19:30 - 20:00 | Total Abs             |
| 20:00 - 20:45 | RPM (Virtual)         |
| 20:05 - 20:55 | Aeromix (14yrs+)      |

**Time**

**Session**

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20:30 - 21:30

BODYPUMP (Virtual)