

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 29/04/2024

### Times for Wednesday 16 January



Time	Session
07:00 - 07:30	TeamBeats
07:00 - 07:45	BODYPUMP (Virtual)
07:00 - 07:45	RPM (Virtual)
08:15 - 09:15	BODYCOMBAT (Virtual)
09:00 - 09:45	RPM (Virtual)
11:00 - 11:45	RPM (Virtual)
12:00 - 13:00	BODYBALANCE (Virtual)
13:00 - 13:45	RPM (Virtual)
14:00 - 15:00	BODYPUMP (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 16:45	SH'BAM (Virtual)
16:00 - 16:45	RPM (Virtual)
17:00 - 17:45	RPM (Virtual)
17:15 - 17:45	CXWORX (Virtual)
18:00 - 18:30	GRIT Strength
18:00 - 18:45	RPM (Virtual)
18:30 - 19:00	GRIT Cardio
19:15 - 19:45	SPRINT
19:15 - 20:00	BODYCOMBAT
20:00 - 20:30	Total Abs
20:00 - 20:45	RPM (Virtual)

**Time**

**Session**

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20:05 - 20:55

Zumba (14yrs+)