

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 28/04/2024

Times for Monday 18 March



| 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) |