

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 28 March



| Time          | Session               |
|---------------|-----------------------|
| 07:00 - 08:00 | BODYBALANCE (Virtual) |
| 08:15 - 09:00 | SH'BAM (Virtual)      |
| 09:30 - 10:15 | RPM (Virtual)         |
| 09:30 - 10:30 | BODYCOMBAT            |
| 11:00 - 11:45 | RPM (Virtual)         |
| 11:00 - 12:00 | Pain Management       |
| 12:00 - 12:30 | TeamBeats             |
| 12:30 - 13:00 | BODYBALANCE (Virtual) |
| 13:00 - 13:45 | RPM (Virtual)         |
| 13:30 - 14:30 | Pilates               |
| 15:00 - 15:30 | SPRINT (virtual)      |
| 15:00 - 15:30 | CXWORX (Virtual)      |
| 16:00 - 16:45 | RPM (Virtual)         |
| 16:00 - 16:45 | BODYPUMP (Virtual)    |
| 17:00 - 17:30 | TeamBeats             |
| 18:00 - 18:45 | Indoor Cycling        |
| 18:00 - 19:00 | Hatton Boxing         |
| 18:15 - 19:15 | Body Pump             |
| 18:30 - 19:15 | 5k + Run Group        |
| 19:05 - 19:55 | Aeromix (14yrs+)      |
| 19:15 - 20:00 | RPM (Virtual)         |

**Time****Session**

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20:00 - 21:00

Circuits

20:00 - 21:00

BODYBALANCE (Virtual)