

# Ashton Leisure Centre: Exercise classes

## Ashton Leisure Centre

Accurate as of 25/04/2024

### Times for Tuesday 8 October



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
13:00 - 13:30	SPRINT (virtual)
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)

**Time****Session**

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20:05 - 20:55

Aeromix (14yrs+)

20:30 - 21:30

BODYPUMP (Virtual)