

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 23/11/2019

Times for Sunday 13 October



Time	Session	Facility	Instructor	Level	Type
09:00 - 09:45	RPM	Cycle Studio	Gareth	***	Cardiovascular
09:00 - 10:00	Bootcamp Circuit (16yrs+)	Outdoor	Various	***	Circuit
10:00 - 10:45	BODYPUMP (Virtual)	Studio 1	Virtual Instructor	***	Strength & Conditioning
10:00 - 11:00	Yoga	Studio 1	Viv	**	Holistic
11:00 - 11:45	Zumba (14yrs+)	Studio 1	Freestyle Fitness	**	Dance
12:00 - 12:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular
12:00 - 13:00	BODYCOMBAT (Virtual)	Studio 1	No Instructor	***	Cardiovascular
13:15 - 14:00	SH'BAM (Virtual)	Studio 1	No Instructor	**	Cardiovascular
14:00 - 14:30	SPRINT (virtual)	Cycle Studio	Virtual Instructor		Cardiovascular
15:00 - 15:45	RPM (Virtual)	Cycle Studio	No Instructor	***	Cardiovascular