Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 26/04/2024

Times for Thursday 17 October

Time	Session
07:00 - 07:30	SPRINT (virtual)
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+)

Time	Session
19:15 - 20:00	RPM (Virtual)
20:00 - 21:00	Circuits
20:00 - 21:00	BODYBALANCE (Virtual)