

Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 04/05/2024

Times for Tuesday 3 December



| 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**

20:05 - 20:55

Aeromix (14yrs+)

20:30 - 21:30

BODYPUMP (Virtual)