Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Sunday 8 December

Time	Session
09:00 - 09:45	RPM
09:00 - 10:00	Circuits
10:00 - 10:45	BODYPUMP (Virtual)
10:00 - 11:00	Yoga
11:00 - 11:45	Zumba (14yrs+)
12:00 - 12:45	RPM (Virtual)
12:00 - 13:00	BODYCOMBAT (Virtual)
13:15 - 14:00	SH'BAM (Virtual)
14:00 - 14:30	SPRINT (virtual)
15:00 - 15:45	RPM (Virtual)