Ashton Leisure Centre: Exercise classes

Ashton Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 8 April

Time	Session
07:00 - 07:30	TeamBeats
07:00 - 07:45	BODYPUMP (Virtual)
07:00 - 07:45	RPM (Virtual)
08:15 - 09:15	BODYCOMBAT (Virtual)
09:00 - 09:45	RPM (Virtual)
10:00 - 11:00	Hatton Boxing
11:00 - 11:45	RPM (Virtual)
12:00 - 13:00	BODYBALANCE (Virtual)
13:00 - 13:45	RPM (Virtual)
14:00 - 15:00	BODYPUMP (Virtual)
15:00 - 15:45	RPM (Virtual)
16:00 - 16:45	RPM (Virtual)
16:00 - 17:00	Pilates
17:00 - 17:45	RPM (Virtual)
17:15 - 17:45	CXWORX (Virtual)
18:00 - 18:30	GRIT Strength
18:00 - 18:45	RPM (Virtual)
18:30 - 19:00	GRIT Cardio
19:15 - 19:45	SPRINT
19:15 - 20:00	BODYCOMBAT
20:00 - 20:30	Total Abs

Time	Session
20:00 - 20:45	RPM (Virtual)
20:05 - 20:55	Zumba (14yrs+)