

exercise class programme

Ash Manor Sports Centre

Accurate as of 04/05/2024

Times for Monday 22 April



Time	Session	Facility	Level	Type
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Gymnasium		Cardio / Calorie burning
6:30 pm - 7:15 pm	Zumba	Gymnasium		Cardio / Calorie burning
7:15 pm - 8:00 pm	Body Conditioning Class	Gymnasium		Strength / Toning