


# exercise class programme

## Ash Manor Sports Centre

Accurate as of 19/05/2024

Times for Thursday 25 April					
Time	Session	Facility	Level	Type	
9:15 am - 10:15 am	Freestyle Yoga	Gymnasium		Mind Body Training	
6:00 pm - 6:45 pm	Freedom Interval Training	Gymnasium		Cardio / Calorie burning	
7:00 pm - 7:45 pm	Legs, Bums & Tums	Gymnasium		Strength / Toning	
7:00 pm - 7:45 pm	Coach by Colour Indoor Cycling	Gymnasium		Cardio / Calorie burning	
7:45 pm - 8:30 pm	Freestyle Pilates	Gymnasium		Mind Body Training	