

# exercise class programme

## Ashbourne Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 10 August



Time	Session	Facility	Level
9:00 am - 9:30 am	HIIT	Studio	
9:45 am - 10:30 am	Aerobics	Studio	
10:45 am - 11:30 am	Swiss Ball	Studio	
3:00 pm - 4:00 pm	Pilates	Studio	
6:00 pm - 7:00 pm	Freedom Circuits	Studio	
7:00 pm - 8:00 pm	Powerbands	Studio	
8:00 pm - 9:00 pm	Pilates	Studio	