

exercise class programme

Ashbourne Leisure Centre

Accurate as of 27/07/2024

Times for Saturday 13 August



Time	Session	Facility	Level
8:30 am - 9:30 am	Freedom Indoor Cycling	Activity Room	
9:30 am - 10:00 am	Metafit	Studio	
10:15 am - 11:00 am	Kettlebells	Studio	
11:00 am - 12:00 pm	Pilates	Studio	