

Dry

Ashton Leisure Centre

Accurate as of 19/07/2024

Times for Thursday 18 July



Time	Session	Facility
06:30 - 07:00	Les Mills Core - Virtual	Studio 1
06:45 - 07:30	RPM - Virtual	Cycle Studio
07:15 - 07:45	Les Mills Core - Virtual	Studio 1
08:15 - 09:00	Body Pump - Virtual	Studio 1
09:30 - 10:15	RPM - Virtual	Cycle Studio
11:00 - 11:45	RPM - Virtual	Cycle Studio
13:00 - 13:45	RPM - Virtual	Cycle Studio
13:45 - 14:45	Pilates	Studio 1
16:00 - 16:45	RPM - Virtual	Cycle Studio
17:15 - 18:15	Body Pump	Studio 1
18:00 - 19:00	Circuits	Sports Hall
18:25 - 19:25	Tai Chi	Studio 1
18:30 - 19:00	Run Club	Running
18:30 - 19:15	RPM	Cycle Studio
19:05 - 20:00	Aeromix (14yrs+)	Sports Hall
19:30 - 20:15	Latin Dance	Studio 1
20:30 - 21:00	Sprint - Virtual	Cycle Studio