

Dry

Ashton Leisure Centre

Accurate as of 19/07/2024

Times for Monday 22 July



Time	Session	Facility
06:45 - 07:15	Grit Cardio - Virtual	Studio 1
08:15 - 08:45	Les Mills Core - Virtual	Studio 1
10:35 - 11:20	RPM - Virtual	Cycle Studio
11:00 - 11:45	Body Pump	Studio 1
13:00 - 13:45	RPM - Virtual	Cycle Studio
13:00 - 13:45	Body Pump - Virtual	Studio 1
16:00 - 16:45	Body Pump - Virtual	Studio 1
16:00 - 16:45	RPM - Virtual	Cycle Studio
17:30 - 18:15	RPM - Virtual	Cycle Studio
18:00 - 19:00	Body Combat	Studio 1
18:00 - 19:00	Hatton Boxing	Sports Hall
19:00 - 20:00	RPM	Cycle Studio
19:15 - 20:00	Body Pump	Studio 1