

# Dry

## Ashton Leisure Centre

Accurate as of 19/07/2024

### Times for Tuesday 23 July



Time	Session	Facility
06:45 - 07:30	RPM - Virtual	Cycle Studio
07:00 - 07:45	Body Pump - Virtual	Studio 1
07:55 - 08:25	Body Balance - Virtual	Studio 1
09:15 - 10:15	Pilates	Studio 1
09:30 - 10:15	RPM	Cycle Studio
11:00 - 11:45	RPM - Virtual	Cycle Studio
11:00 - 11:45	RPM - Virtual	Cycle Studio
12:15 - 13:15	Low Circuit	Studio 1
16:00 - 16:45	Let's Get Movin' (11-15 yrs)	Studio 1
17:00 - 17:45	Body Pump	Studio 1
17:00 - 18:00	Yoga	Sports Hall
18:00 - 18:45	Circuits	Studio 1
18:45 - 19:30	RPM	Cycle Studio
19:00 - 19:30	HIIT	Studio 1
19:30 - 20:00	Core Conditioning	Studio 1
19:45 - 20:15	Sprint - Virtual	Cycle Studio
20:00 - 21:00	Legs, Bums & Tums	Sports Hall