

Dry

Ashton Leisure Centre

Accurate as of 19/07/2024

Times for Wednesday 24 July



Time	Session	Facility
06:45 - 07:15	Grit Strength - Virtual	Studio 1
06:45 - 07:15	RPM - Virtual	Cycle Studio
10:45 - 11:45	Low Aerobics	Studio 1
11:00 - 11:45	RPM - Virtual	Cycle Studio
13:00 - 13:45	RPM - Virtual	Cycle Studio
14:00 - 15:00	Body Pump - Virtual	Studio 1
16:00 - 16:45	RPM - Virtual	Cycle Studio
16:45 - 17:15	Les Mills Core - Virtual	Studio 1
17:15 - 18:15	Hatton Boxing	Studio 1
18:00 - 18:45	RPM - Virtual	Cycle Studio
18:15 - 19:15	Hatton Boxing	Studio 1
19:15 - 20:00	Zumba (14yrs+)	Sports Hall
19:30 - 20:15	Body Combat	Studio 1
20:15 - 21:00	RPM - Virtual	Cycle Studio