

Dry

Ashton Leisure Centre

Accurate as of 12/08/2024

Times for Sunday 18 August



Time	Session	Facility
09:00 - 09:45	RPM	Cycle Studio
09:15 - 10:00	Body Pump	Studio 1
10:00 - 11:00	Yoga	Sports Hall
10:15 - 11:00	HIIT	Studio 1
11:05 - 11:50	Zumba (14yrs+)	Sports Hall
12:00 - 13:00	Body Combat - Virtual	Studio 1
15:00 - 15:45	RPM - Virtual	Cycle Studio