

Dry

Ashton Leisure Centre

Accurate as of 14/08/2024

Times for Tuesday 20 August



| 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 |