

Dry

Ashton Leisure Centre

Accurate as of 17/08/2024

Times for Friday 23 August



Time	Session	Facility
07:10 - 07:55	Body Pump - Virtual	Studio 1
08:15 - 09:15	Body Pump - Virtual	Studio 1
09:15 - 10:00	RPM - Virtual	Cycle Studio
10:00 - 11:00	Pilates	Studio 1
11:00 - 11:45	RPM - Virtual	Cycle Studio
13:00 - 13:45	RPM - Virtual	Cycle Studio
16:00 - 16:45	RPM - Virtual	Cycle Studio
17:30 - 18:30	Pilates	Studio 1
18:35 - 19:20	RPM	Cycle Studio
18:45 - 19:30	Body Pump - Virtual	Studio 1