

Fitness Class Timetable

Courtown Adventure & Leisure Centre

Accurate as of 02/05/2024

Times for Monday 15 January



| Time | Session | Facility | Instructor |
|---------------|---------|----------|------------|
| 11:00 - 11:45 | Aqua | Pool | Instructor |
| 20:00 - 20:45 | Aqua | Pool | Instructor |