

# Fitness Class Timetable

## Courtown Adventure & Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 January			
Time	Session	Facility	Instructor
10:00 - 10:45	Indoor Cycling	Studio	Instructor
11:00 - 11:45	Body Conditioning	Studio	Instructor
19:00 - 19:45	Indoor Cycling	Studio	Instructor