Fitness Class Timetable

Courtown Adventure & Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 24 January

Time	Session	Facility	Instructor
10:00 - 10:45	Indoor Cycling	Studio	Instructor
11:00 - 11:45	Aqua	Pool	Instructor
19:00 - 19:45	Body Conditioning	Studio	Instructor