## Fitness Class Timetable Courtown Adventure & Leisure Centre

Accurate as of 30/04/2024

| Times for Tuesday 17 April |                   |          | <b>©</b>   |
|----------------------------|-------------------|----------|------------|
| Time                       | Session           | Facility | Instructor |
| 10:00 - 10:45              | Body Conditioning | Studio   | Instructor |
| 19:00 - 19:45              | Indoor Cycling    | Studio   | Instructor |