

Fitness Class Timetable

Courtown Adventure & Leisure Centre

Accurate as of 30/04/2024

Times for Wednesday 18 July



| 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 |