

Fitness Class Timetable

Courtown Adventure & Leisure Centre

Accurate as of 28/04/2024

Times for Monday 14 January



Time	Session	Facility	Instructor
09:30 - 10:30	Indoor Cycling+Abs	Studio	Instructor
11:00 - 11:45	Aqua	Pool	Instructor
19:00 - 19:45	Indoor Cycling	Studio	Instructor
20:00 - 20:45	Aqua	Pool	Instructor