

Fitness Class Timetable

Courtown Adventure & Leisure Centre

Accurate as of 18/05/2024

| Times for Thursday 4 April | | | |
|----------------------------|-------------------|----------|------------|
| 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 |