

Fitness Class Timetable

Tandragee Recreation Centre

Accurate as of 02/05/2024

Times for Tuesday 23 July

Time	Session	Facility
06:00 - 06:40	Boot Camp	Main Hall
15:30 - 17:00	Teen Gym	Gym
19:00 - 20:00	Legs Bums & Tums (LBT)	Main Hall
20:00 - 21:00	Pilates	Main Hall