Fitness Class Timetable

Tandragee Recreation Centre

Accurate as of 16/05/2024

Times for Monday 11 November

Time	Session	Facility
09:30 - 10:30	Yoga	Studio 1
18:15 - 19:00	Circuits	Studio 1
19:00 - 19:30	Cardio Cycle	Studio 1
20:00 - 21:00	Zumba	Studio 1