Fitness Class Timetable Tandragee Recreation Centre

Accurate as of 07/05/2024

Times for Monday 18 November			٩
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	