

Fitness Class Timetable

Tandragee Recreation Centre

Accurate as of 27/04/2024

Times for Monday 18 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 |