Fitness Class Timetable Dromore Community Centre

Accurate as of 06/05/2024

Times for Wednesday 24 July				©
Time	Session	Facility	Туре	
06:00 - 06:45	HIIT	Fitness Studio	HIIT	
09:30 - 10:15	Cardio Cycle	Spin Studio	Cardio	
18:00 - 18:30	Cardio Cycle	Spin Studio	Cardio	
18:30 - 19:15	Cardio Cycle	Spin Studio	Cardio	
18:45 - 19:15	Ab Attack	Fitness Studio	Strength/Conditioning	
19:15 - 20:00	Cardio Cycle	Spin Studio	Cardio	
19:15 - 20:00	Boxercise	Fitness Studio	Cardio	
20:00 - 20:45	Cardio Cycle	Spin Studio	Cardio	