

Fitness Class Timetable

Dromore Community Centre

Accurate as of 30/09/2020

Times for Thursday 14 November



| Time | Session | Facility | Type |
|---------------|------------|----------------|--------|
| 15:15 - 18:00 | Gymnastics | Fitness Studio | Cardio |
| 19:00 - 20:00 | Circuits | Fitness Studio | Cardio |