Fitness Class Timetable Dromore Community Centre

Accurate as of 02/05/2024

Times for Monday 27 January				()
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	
18:30 - 19:15	TRX	Fitness Studio	Strength/Conditioning	
19:15 - 20:00	TRX	Fitness Studio	Strength/Conditioning	
19:15 - 20:00	Cardio Cycle	Spin Studio	Cardio	
20:00 - 20:45	Cardio Cycle	Spin Studio	Cardio	