

# Fitness Class Timetable

## Dromore Community Centre

Accurate as of 25/04/2024

### Times for Thursday 30 January



| Time          | Session    | Facility       | Type   |
|---------------|------------|----------------|--------|
| 15:15 - 18:00 | Gymnastics | Fitness Studio | Cardio |
| 18:30 - 19:15 | Body Pump  | Fitness Studio | Cardio |
| 19:00 - 20:00 | Circuits   | Fitness Studio | Cardio |