

# Fitness Class Timetable

## Dromore Community Centre

Accurate as of 29/04/2024

Times for Friday 31 January			
Time	Session	Facility	Type
06:00 - 06:45	HIIT	Fitness Studio	HIIT
14:30 - 21:00	Gymnastics	Fitness Studio	Cardio
18:00 - 18:30	Cardio Cycle	Spin Studio	Cardio
18:30 - 19:15	Cardio Cycle	Spin Studio	Cardio
19:15 - 20:00	Cardio Cycle	Spin Studio	Cardio