

# Fitness Class Timetable

## Dromore Community Centre

Accurate as of 18/05/2024

Times for Tuesday 23 April



| Time          | Session       | Facility       | Type   |
|---------------|---------------|----------------|--------|
| 18:30 - 19:30 | Boogie Bounce | Fitness Studio | Cardio |
| 19:00 - 20:00 | Circuits      | Fitness Studio | Cardio |