

Fitness Class Timetable

Dromore Community Centre

Accurate as of 25/04/2024

Times for Thursday 25 April



| 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 |