

Fitness Class Timetable

Dromore Community Centre

Accurate as of 04/05/2024

Times for Wednesday 1 May



| Time | Session | Facility | Type |
|---------------|--------------|----------------|-----------------------|
| 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 |
| 18:45 - 19:15 | Ab Attack | Fitness Studio | Strength/Conditioning |
| 19:15 - 20:00 | Cardio Cycle | Spin Studio | Cardio |
| 19:15 - 20:00 | Boxercise | Fitness Studio | Cardio |
| 20:00 - 20:45 | Cardio Cycle | Spin Studio | Cardio |