Fitness Class Timetable

Dromore Community Centre

Accurate as of 13/11/2026

Times for Monday 16 November

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
18:30 - 19:15	TRX	Fitness Studio	Strength/Conditioning
19:15 - 20:00	TRX	Fitness Studio	Strength/Conditioning
19:15 - 20:00	Cardio Cycle	Spin Studio	Cardio
20:00 - 20:45	Cardio Cycle	Spin Studio	Cardio