

# Fitness Class Timetable

## Banbridge Leisure Centre

Accurate as of 30/04/2024

### Times for Tuesday 7 July



Time	Session	Facility	Type
06:30 - 07:00	Circuits	Main Hall	Cardio
10:00 - 11:00	Circuits	Main Hall	Cardio
13:00 - 13:45	Pilates	Fitness Studio	Mind & Body
18:30 - 19:00	Cardio Cycle	Spin Studio	Cardio
19:30 - 20:30	Cardio Pump	Main Hall	Strength/Conditioning