

# Fitness Class Timetable

## Banbridge Leisure Centre

Accurate as of 16/05/2024

Times for Wednesday 8 July

Time	Session	Facility	Type
10:00 - 11:00	Legs Bums & Tums (LBT)	Main Hall	Strength/Conditioning
11:00 - 12:00	Aqua Aerobics	Minor Pool	Water Workout
18:00 - 18:45	Box fit	Main Hall	Cardio
20:10 - 21:00	Circuits	Fitness Studio	Cardio