## Fitness Class Timetable Banbridge Leisure Centre

## Accurate as of 05/05/2024

Times for Thursday 16 July				٩
Time	Session	Facility	Туре	
10:00 - 10:50	Cardio Pump	Main Hall	Strength/Conditioning	
18:00 - 19:00	Legs Bums & Tums (LBT)	Main Hall	Strength/Conditioning	
19:00 - 19:30	Cardio Cycle	Spin Studio	Cardio	
19:15 - 20:00	Meta Fit	Main Hall	HIIT	