

# Fitness Class Timetable

## Gilford Community Centre

Accurate as of 03/05/2024

Times for Tuesday 19 November



Time	Session	Facility	Type
09:30 - 10:30	Pilates	Main Hall	Mind & Body
19:00 - 19:45	Box fit	Gym	Cardio
19:45 - 20:15	Core	Gym	Other