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| **LOUGH MOSS LEISURE CENTRE (ADULT)** |
| **DAY** | **CLASS** | **TIME** |
| **Monday** | **Abs Flat** | **7:30pm – 8:15pm** |
| **Monday** | **Thai & Tone** | **8:00pm – 9:00pm** |
|  |  |  |
| **Wednesday** | **Barbell Workout** | **6:00pm – 7:00pm** |
| **Wednesday** | **Female Bootcamp** | **8:15pm – 9:00pm** |
| **Wednesday** | **Female Rig Fit** | **5:30pm – 6:15pm** |
| **Wednesday** | **HIIT** | **7:00pm – 7:45pm** |
|  |  |  |
| **Thursday** | **Kettlebells** | **7:00pm – 7:45pm** |
|  |  |  |
| **Saturday** | **Zumba** | **9:30am – 10:30am** |
|  |  |  |
|  | **Body Flex (Pulse Gym)** |  |
|  | **Bootcamp** |  |
|  | **Boxercise** |  |
|  | **Buggy Blitz** |  |
|  | **Bums / Legs / Tums** |  |
|  | **Circuits** |  |
|  | **Couch to 5K** |  |
|  | **Disability Hub** |  |
|  | **Group Cycling** |  |
|  | **Pilates** |  |
|  | **Pump (Pulse Gym)** |  |
|  | **Rig Fit / Female Rig Fit** |  |
|  | **RT24** |  |
|  | **Squash** |  |
|  | **Tabata** |  |
|  | **Walking Rugby** |  |
|  | **20/20/20** |  |

***\*Dates and times to be confirmed.***