

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>VENUE</b>
MONDAY	6.30am – 7.15am	GROUP CYCLING	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am-10.15am	CIRCUIT TRAINING (12YRS+)	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
MONDAY	11.30am – 12.30pm	YOGA	KILMAKEE ACTIVITY CENTRE
MONDAY	11.00am – 12:00pm	OVER 50'S FUN & FITNESS	GLENMORE ACTIVITY CENTRE
MONDAY	12.00pm-1.00pm	STRETCH & UNWIND	LAGAN VALLEY LEISUREPLEX
MONDAY	12.00pm -1.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
MONDAY	12.00pm – 12.30pm	AQUATIC	LAGAN VALLEY LEISUREPLEX
MONDAY	12.45pm – 1.15pm	ABS BLAST	LAGAN VALLEY LEISUREPLEX
MONDAY	12.45pm – 1.45pm	CHAIR YOGA	KILMAKEE ACTIVITY CENTRE
MONDAY	1.00pm – 1.45pm	50+ FIT & FLOW	GLENMORE ACTIVITY CENTRE
MONDAY	2.30pm – 3.15pm	OVER 50'S CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	CIRCUIT TRAINING (12YRS+)	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
MONDAY	5.30pm-6.30pm	PILATES	LAGAN VALLEY LEISUREPLEX
MONDAY	5.45pm – 6.30pm	HIIT	LOUGH MOSS LEISURE CENTRE'
MONDAY	6.00pm – 6.45pm	QUICK HIIT CIRCUITS	GLENMORE ACTIVITY CENTRE
MONDAY	6.00pm-7.00pm	MEN'S YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	6.00pm -7.00pm	TURBO KICK	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30pm – 7.15pm	CIRCUIT TRAINING	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30pm-7.30pm	BOXERCISE	KILMAKEE ACTIVITY CENTRE
MONDAY	6.45pm – 7.30pm	CIRCUITS	LOUGH MOSS LEISURE CENTRE
MONDAY	6.45pm-7.45pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm – 8.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm-7.45pm	STRENGTH & CONDITIONING	GLENMORE ACTIVITY CENTRE
MONDAY	6.45pm-7.30pm	GROUP CYCLING (12YRS)	MONEYREAGH COMMUNITY CENTRE
MONDAY	7.30pm – 8.30pm	ZUMBA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.15PM-8.00PM	TRX	LAGAN VALLEY LEISUREPLEX
MONDAY	7.30pm – 8.00pm	ABS BLAST	LOUGH MOSS LEISURE CENTRE
MONDAY	7.45pm – 8.30pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30am-7.15pm	CARDIO PUMP	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.15am	BOOTCAMP	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.45am-7.30am	CIRCUIT TRAINING 12YRS	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.15am – 10.00am	KETTLEBELLS	GLENMORE ACTIVITY CENTRE
TUESDAY	9.30am – 10.15am	BODY BLAST	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am-10.15am	LEGS, BUMS & TUMS (12yrs+)	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	CIRCUITS	LOUGH MOSS LEISURE CENTRE
TUESDAY	10.00am – 11.00am	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am-10.45am	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	10.30am – 11.30am	LINE DANCING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.30am-11.30am	HEALTH SUITE SESSION (FEMALE ONLY)	LAGAN VALLEY LEISUREPLEX
TUESDAY	11.00am – 12.00pm	50+ SOCIAL CIRCUITS	GLENMORE ACTIVITY CENTRE
TUESDAY	12.30pm – 1.20pm	PILATES	GLENMORE ACTIVITY CENTRE
TUESDAY	12.45pm – 1.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	4.30pm – 5.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE

TUESDAY	5.15pm – 6.00pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.30pm	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	6.00pm – 6.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.15pm – 7.00pm	HIIT (14 YRS +)	GLENMORE ACTIVITY CENTRE
TUESDAY	6.00pm – 6.45pm	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30pm – 7.15pm	BOOTCAMP	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm-7.00pm	GROUP CYCLE (30 MINS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm-7.30pm	PREGNANCY YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm – 7.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00pm-7.45pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00pm-8.00pm	YOGA	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm-8.00pm	PILATES	MONEYREAGH COMMUNITY CENTRE
TUESDAY	7.20 pm -8.05 pm	KETTLEBELLS (15YRS)	GLENMORE ACTIVITY CENTRE
TUESDAY	7.30pm – 8.30pm	ZUMBA STEP	LAGAN VALLEY LEISUREPLEX
TUESDAY	8.00pm-9.00pm	AQUA NATAL YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	8.15 pm-9.00pm	BUMS & TUMS	GLENMORE ACTIVITY CENTRE
WEDNESDAY	6.30am-7.00am	GROUP CYCLING	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.30am – 7.30am	GROUP CYCLING & BODY CONDITIONING	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30am – 7.15am	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.15am – 10.00am	PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	TRX	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am-10.30am	PARENT & BABY YOGA ( 6 WEEKS – CRAWLING)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am-10.20am	PILATES	MONEYREAGH COMMUNITY CENTRE
WEDNESDAY	10.00am – 11.00am	ZUMBA GOLD (50+)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.00am – 10.45am	CIRCUITS	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	10.15am-11.00am	PILATES	GLENMORE ACTIVITY CENTRE
WEDNESDAY	10.30am-11.20am	PILATES STRENGTH	MONEYREAGH COMMUNITY CENTRE
WEDNESDAY	10.45am-11.45am	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.00am – 11.45am	PARENT & INFANT CIRCUITS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.15am-12.15pm	ACTIVE AGEING 50+	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.30am – 12.15pm	LEGS, BUMS & TUMS	GLENMORE ACTIVITY CENTRE
WEDNESDAY	12.30pm – 1.10pm	ABS & CORE BLAST	GLENMORE ACTIVITY CENTRE
WEDNESDAY	5.00pm-6.00pm	ZUMBA TONING	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	5.45pm – 6.30pm	CARDIO FIT	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.00pm-7.00pm	CIRCUIT TRAINING	MONEYREAGH COMMUNITY CENTRE
WEDNESDAY	6.00pm-6.50pm	PILATES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-7.00pm	RETRO FIT 12YRS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-6.45pm	CARDIO STEP	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.15pm-7.00pm	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	7.00pm – 8.00pm	AQUAFIT 12YRS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm-8.00pm	COMBAT FIT FOR WOMEN	LAGAN VALLEY LEISUREPLEX

WEDNESDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 7.45pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	7.00pm-7.45pm	BROGA – MALE YOGA	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	7.30pm-8.30pm	ZUMBA WITH JENNY	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.45pm-8.30pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	8.00pm-8.45pm	YOGA CORE	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.30am – 7.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	7.00am-7.45am	BOOTCAMP	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.15am – 10.00am	PILATES	LOUGH MOSS LEISURE CENTRE
THURSDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	STUDIO TABATA	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	PILATES	LAGAN VALLEY LESUREPLEX
THURSDAY	10.30am – 11.30am	LINE DANCING	LOUGH MOSS LEISURE CENTRE
THURSDAY	10.30am-11.15am	CIRCUITS	LOUGH MOSS LEISURE CENTRE
THURSDAY	10.30am – 11.30am	YOGA	KILMAKEE ACTIVITY CENTRE
TUESDAY	10.30am-11.30am	HEALTH SUITE SESSION (FEMALE ONLY)	LAGAN VALLEY LEISUREPLEX
THURSDAY	11.45am-12.45pm	MAT PILATES	KILMAKEE ACTIVITY CENTRE
THURSDAY	12.00pm- 1.00pm	AQUA FIT (12YRS+)	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.45pm-1.15pm	BODY BLAST	LAGAN VALLEY LEISUREPLEX
THURSDAY	1.00pm – 1.45pm	50 + FEEL GOOD FITNESS	GLENMORE ACTIVITY CENTRE
THURSDAY	5.15pm – 6.00pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm – 6.15pm	GROUP CYCLING	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm – 6.30pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm-6.30pm	GROUP CYCLING	MONEYREAGH COMMUNITY CENTRE
THURSDAY	5.40pm-6.10pm	EXPRESS DANCE FIT (12YRS+)	LOUGH MOSS LEISURE CENTRE
THURSDAY	5.45pm – 6.30pm	GROUP CYCLING	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.00pm - 6.50pm	PILATES	GLENMORE ACTIVITY CENTRE
THURSDAY	6.20pm – 7.05pm	TOTAL BODY HIIT	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.30pm – 7.30pm	BOOTCAMP (INDOORS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30pm-7.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.45pm-7.45pm	YOGA – STRESS RELIEF	LAGAN VALLEY LEISUREPLEX
THURSDAY	7.00pm – 8.00pm	YOGA	KILMAKEE ACTIVITY CENTRE
THURSDAY	7.00pm-7.45pm	BODY PUMP	GLENMORE ACTIVITY CENTRE
THURSDAY	7.15pm – 8.00pm	YOGA	LOUGH MOSS LEISURE CENTRE
THURSDAY	8.00pm - 8.40pm	STEP & STRIKE	GLENMORE ACTIVITY CENTRE
THURSDAY	8.10pm – 8.55pm	YOGA	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.30am – 7.30am	GROUP CYCLE & KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30am – 7.15am	BOOTCAMP	LOUGH MOSS LEISURE CENTRE
FRIDAY	9.15am-10.00am	BOOTCAMP	GLENMORE ACTIVITY CENTRE
FRIDAY	9.30am – 10.15am	CIRCUIT TRAINING	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.15am – 10.00am	CIRCUITS	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.15am-11.00am	VITALITY PILATES	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.15am – 11.00am	OVER 50'S TRX	LAGAN VALLEY LEISUREPLEX
FRIDAY	10.30am – 11.30am	OVER 50'S PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	10.30am-11.30am	MEN'S YOGA	LAGAN VALLEY LEISUREPLEX

FRIDAY	10.45am-11.45am	YOGA	KILMAKEE ACTIVITY CENTRE
FRIDAY	11.00am- 12.00pm	FEEL GOOD FITNESS	KILMAKEE ACTIVITY CENTRE
FRIDAY	11.00am – 11.45am	PARENT & BABY CIRCUITS	MONEYREAGH COMMUNITY CENTRE
FRIDAY	12.00pm – 1.00pm	PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	12.45pm – 1.15pm	STRETCH & UNWIND	LAGAN VALLEY LEISUREPLEX
FRIDAY	1.30pm – 2.15pm	50 + FEEL GOOD CIRCUITS	GLENMORE ACTIVITY CENTRE
FRIDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm – 6.45pm	CIRCUITS	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.00pm-7.00pm	DANCE FIT	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm – 6.45pm	BODY PUMP	GLENMORE ACTIVITY CENTRE
FRIDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 8.00pm	PILATES	KILMAKEE ACTIVITY CENTRE
FRIDAY	7.15pm – 8.15pm	AQUA ZUMBA	LAGAN VALLEY LEISUREPLEX
SATURDAY	8.45am – 9.30am	HIIT	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.00am-10.00am	COMBAT FIT	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.00am-9.45am	CARDIO PUMP	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.30am – 10.15am	GROUP CYCLING (12 YRS+)	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.45am – 10.30am	ZUMBA	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.45am – 10.45am	NIA DANCE (12 YRS+)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.00am – 11.00am	BALLET FITNESS	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.45am-11.45am	PILATES	LOUGH MOSS LEISURE CENTRE
SATURDAY	11.00am – 12.00pm	YOGA	LAGAN VALLEY LEISUREPLEX
SATURDAY	11.30am – 12.30pm	20/20/20	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.30am – 10.30am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.30am – 10.30am	YOGA	LOUGH MOSS LEISURE CENTRE
SUNDAY	10.00am -10.45am	GROUP CYCLING	LOUGH MOSS LEISURE CENTRE
SUNDAY	10.00am – 11.00am	ZUMBA STEPS	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.15am-12.15pm	YOGA FOR STRESS RELIEF (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.30am – 12.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
SUNDAY	12.45pm – 1.15pm	BODY BLAST	LAGAN VALLEY LEISUREPLEX