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| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| MONDAY | 6.30am – 7.15am | GROUP CYCLING | LVLP- VITALITY STUDIO |
| MONDAY | 9.30am – 10.30am | CIRCUITS | LVLP- MAIN HALL |
| MONDAY | 9.30am – 10.30am | BUMS & TUMS | LOUGH MOSS- ANNEX |
| MONDAY | 10.00am –10.45am | HIIT FIT FUSION 45 | DIIB- VITALITY STUDIO |
| MONDAY | 11.00am –11.45am | PARENT & BABY CIRCUITS | LVLP- MAIN HALL SIDE 2 |
| MONDAY | 12.30am –1.15am | PILATES | LVLP- LAGAN 2 |
| MONDAY | 12.45pm –1.15pm | GROUP CYCLING | LVLP- VITALITY STUDIO |
| MONDAY | 5.00pm – 5.45pm | YOGA | DIIB- VITALITY STUDIO |
| MONDAY | 5.30pm – 6.00pm | RT24 | LVLP- STUDIO 2 |
| MONDAY | 5.30PM – 6.15pm | SPIN | LOUGH MOSS- ANNEX |
| MONDAY | 5.30pm – 6.00pm | RT24 | LOUGH MOSS- MINOR HALL |
| MONDAY | 5.45pm – 6.45pm | YOGA | LVLP- LAGAN 2 & 3 |
| MONDAY | 6.00pm – 6.45pm | GROUP CYCLE | LVLP- VITALITY STUDIO |
| MONDAY | 6.00pm – 7.00pm | BOOTCAMP | GLENMORE AC |
| MONDAY | 6.15pm -- 7.00pm | BOXERCISE | KILLMAKEE AC |
| MONDAY | 6.15pm – 7.00pm | 20/20 | LOUGH MOSS- ANNEX |
| MONDAY | 6.30pm – 7.15pm | CIRCUITS | LOUGH MOSS- MINOR HALL |
| MONDAY | 7.00pm – 8.00pm | CIRCUITS | LVLP- MAIN HALL |
| MONDAY | 7.00pm – 8.00pm | AQUAFIT | LVLP- DIVING POOL |
| MONDAY | 7.00pm – 8.00pm | YOGA | LVLP- LAGAN 2 & 3 |
| MONDAY | 7.00pm – 8.00pm | ZUMBA | LVLP- STUDIO 1 & 2 |
| MONDAY | 7.00pm – 7.45pm | GROUP CYCLE | KILLMAKEE AC |
| MONDAY | 7.30pm – 8.15pm | ABS BLAST | LOUGH MOSS- ANNEX |
| MONDAY | 8.00pm – 9.00pm | THAI & TONE | LOUGH MOSS- MINOR HALL |
| MONDAY | 8.15pm – 9.15pm | 20/20/20 | LVLP- STUDIO 3 |

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| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| TUESDAY | 6.30am – 7.30am | GROUP CYCLING & CORE | LVLP- STUDIO 3 |
| TUESDAY | 6.45am – 7.15am | GROUP CYCLE 30 | DIIB- VITALITY STUDIO |
| TUESDAY | 9.30am – 10.30am | BUMS/TUMS/LEGS | LVLP- STUDIO 3 |
| TUESDAY | 9.30am – 10.15am | RIG FIT | LOUGH MOSS- GYM |
| TUESDAY | 9.30am – 10.30am | PILATES | DIIB- VITALITY |
| TUESDAY | 10.00am –11.00am | YOGA | LVLP- LAGAN 2 & 3 |
| TUESDAY | 10.00am –10.45am | BOGGIE BEAT (0-5 + adult) | LVLP- MAIN HALL |
| TUESDAY | 10.30am –11.30am | LINE DANCING | LVLP- STUDIO 1 & 2 |
| TUESDAY | 11.00am –12.00pm | 50+ CIRCUITS | GLENMORE AC |
| TUESDAY | 12.45pm – 1.15pm | KETTLEBELLS | LVLP- STUDIO 3 |
| TUESDAY | 5.30pm – 6.15pm | TRX EXPRESS | LVLP- STUDIO 3 |
| TUESDAY | 5.45pm – 6.30pm | ADULT & JUNIOR CIRCUITS | KILMAKEE AC |
| TUESDAY | 6.00pm – 7.00pm | BUMS & TUMS | LOUGH MOSS- MINOR HALL |
| TUESDAY | 6.00pm – 7.00pm | PILATES | LOUGH MOSS- MAIN HALL |
| TUESDAY | 6.15pm – 7.00pm | GROUP CYCLING | LVLP- VITALITY STUDIO |
| TUESDAY | 6.15pm – 7.15pm | AEROBICS | DIIB- VITALITY STUDIO |
| TUESDAY | 6.30pm – 7.30pm | GROUP CYCLE & CORE | DIIB- VITALITY STUDIO |
| TUESDAY | 6.30pm – 7.15pm | ADULT & JUNIOR CIRCUITS | KILMAKEE AC |
| TUESDAY | 7.00pm – 7.45pm | BOXERCISE | LVLP- STUDIO 2 |
| TUESDAY | 7.00pm – 7.45pm | SPIN | LOUGH MOSS- ANNEX |
| TUESDAY | 7.45pm – 8.45pm | YOGA | GLENMORE AC |
| TUESDAY | 8.00pm – 9.00pm | PILATES | LOUGH MOSS- MINOR HALL |
| TUESDAY | 8.00pm – 8.30pm | RT24 | LVLP- STUDIO 2 |

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| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| WEDNESDAY | 6.30am – 7.30am | GROUP CYCLING & CONDITION | LVLP- VITALITY STUDIO |
| WEDNESDAY | 9.15am – 10.00am | GROUP CYCLING | LVLP- VITALITY STUDIO |
| WEDNESDAY | 9.30am – 10.30am | 20/20 | LOUGH MOSS- ANNEX |
| WEDNESDAY | 10.00am –12.00pm | ACTIVE AGEING | LVLP- SIDE 1 & LAGAN 1 & 2 |
| WEDNESDAY | 10.00am –11.00am | ZUMBA GOLD (50+) | LVLP- MAIN HALL SIDE 2 |
| WEDNESDAY | 10.00am –10.45am | GROUP CYCLE | DIIB- VITALITY STUDIO |
| WEDNESDAY | 11.00am –12.00pm | YOGA | GLENMORE AC |
| WEDNESDAY | 12.15pm –12.45pm | PARENT & INFANT GROUP CYCLE | LVLP- VITALITY STUDIO |
| WEDNESDAY | 5.00pm – 6.00pm | CARDIAC CLASS | LVLP- STUDIO 2 |
| WEDNESDAY | 5.30pm – 6.15pm | GROUP CYCLE | LVLP VITALITY STUDIO |
| WEDNESDAY | 5.30pm – 6.15pm | FEMALE RIG-FIT | LOUGH MOSS- GYM FLOOR |
| WEDNESDAY | 6.00pm -- 6.45pm | GROUP CYCLE | GROVE AC |
| WEDNESDAY | 6.15pm -- 7.15pm | 20/20/20 | KILLMAKEE AC |
| WEDNESDAY | 6.00pm – 7.00pm | BARBELL WORKOUT | LOUGH MOSS- MINOR HALL |
| WEDNESDAY | 6.00pm – 6.45pm | SPIN | LOUGH MOSS- ANNEX |
| WEDNESDAY | 6.30pm – 7.30pm | GROUP CYCLE & CORE | DIIB - VITALITY STUDIO |
| WEDNESDAY | 7.00pm – 7.45pm | RT24 | LOUGH MOSS- ANNEX |
| WEDNESDAY | 7.00pm – 8.00pm | TABATA | LVLP- MAIN HALL SIDE 2 |
| WEDNESDAY | 7.00pm – 8.00pm | AQUAFIT | LVLP- DIVING POOL |
| WEDNESDAY | 7.15pm – 8.15pm | PILATES | LVLP- LAGAN ROOM 1 & 2 |
| WEDNESDAY | 8.00pm – 9.00pm | ADULT GYMNASTICS | GLENMORE AC |

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| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| THURSDAY | 6.30am – 7.15am | GROUP CYCLING | LVLP- VITALITY STUDIO |
| THURSDAY | 9.30am – 10.00am | BUMS/TUMS/LEGS | LVLP- STUDIO 3 |
| THURSDAY | 10.30am –11.15am | SPIN | LOUGH MOSS- ANNEX |
| THURSDAY | 10.30am –12.30pm | ADULT & CHILD GYMNASTICS | GLENMORE AC |
| THURSDAY | 10.30am --11.30am | YOGA | KILLMAKEE AC |
| THURSDAY | 11.00am –11.30am | BUGGY BOOTCAMP | DIIB- VITALITY STUDIO |
| THURSDAY | 12.00pm – 1.00pm | ACTIVE AGING | DIIB- VITALITY STUDIO |
| THURSDAY | 12.30pm –1.30pm | AQUAFIT | LVLP- DIVING POOL |
| THURSDAY | 12.30pm – 1.30pm | SQUATS & TOTS | LOUGH MOSS- ANNEX |
| THURSDAY | 12.45pm – 1.15pm | RT24 | LVLP- STUDIO 3 |
| THURSDAY | 2.30pm – 4.00pm | FAMILY FUN SESSION | LVLP- MAIN HALL SIDE 1 |
| THURSDAY | 5.15pm – 6.00pm | TRX | LVLP- STUDIO 3 |
| THURSDAY | 5.45pm – 6.30pm | RIG-FIT | LOUGH MOSS- GYM FLOOR |
| THURSDAY | 6.00pm -6.45pm | BOXERCISE | LVLP- STUDIO 2 |
| THURSDAY | 6.00pm – 6.45pm | GROUP CYCLING | LVLP- VITALITY STUDIO |
| THURSDAY | 6.00pm – 6.45pm | SPIN | LOUGH MOSS- ANNEX |
| THURSDAY | 6.00pm – 6.45pm | TOTAL BODY HIIT | LOUGH MOSS- LOFT |
| THURSDAY | 6.15pm – 7.15pm | AEROBICS | DIIB- VITALITY STUDIO |
| THURSDAY | 6.30pm – 7.30pm | GROUP CYCLE 30 | DIIB- VITALITY STUDIO |
| THURSDAY | 6.30pm – 7.30pm | FLOW YOGA | LVLP- LAGAN 1 & 2 |
| THURSDAY | 7.00pm – 7.45pm | KETTLEBELLS | LVLP- STUDIO 3 |
| THURSDAY | 7.00pm – 7.45pm | KETTLEBELLS | LOUGH MOSS - ANNEX |
| THURSDAY | 7.00pm – 8.00pm | QUICK HIT CIRCUITS | GLENMORE AC |
| THURSDAY | 7.30pm -- 8.30pm | WARRIOR CIRCUITS | KILLMAKEE AC |
| THURSDAY | 8.00pm – 8.30pm | RT24 | LVLP- STUDIO 2 |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| FRIDAY | 6.30am – 7.30am | GROUP CYCLE & KETTLEBELL | LVLP- VITALITY STUDIO |
| FRIDAY | 9.30am – 10.15am | RIG-FIT | LOUGH MOSS- GYM |
| FRIDAY | 9.30am – 10.00am | PARENT & INFANT BUM/TUM/LEG | LVLP- MAIN HALL |
| FRIDAY | 9.30am—10.15am | GROUP CYCLING | LVLP- VITALITY STUDIO |
| FRIDAY | 10.30am –11.15am | PILATES | LOUGH MOSS – COMM RM |
| FRIDAY | 10.45am –11.45am | OVER 50’S PILATES | GLENMORE AC |
| FRIDAY | 12.00pm – 1.00pm | PILATES | GLENMORE AC |
| FRIDAY | 12.30pm – 1.30pm | HITT ALL OVER | DIIB- VITALITY STUDIO |
| FRIDAY | 12.45pm – 1.15pm | OMNIA 8 ‘TRAIN’ | LVLP- VITALITY GYM |
| FRIDAY | 3.00pm – 4.30pm | FAMILY FUN SESSION | LVLP- MAIN HALL SIDE 1 |
| FRIDAY | 5.30pm – 6.15pm | GROUP CYCLING | LVLP- VITALITY STUDIO |
| FRIDAY | 6.00pm – 6.45pm | SPIN | LOUGH MOSS- ANNEX |
| FRIDAY | 6.15pm – 7.00pm | KETTLEBELLS | LVLP- STUDIO 3 |
| FRIDAY | 6.30pm – 7.30pm | TRANSFORM | DIIB- VITALITY STUDIO |
| FRIDAY | 7.00pm – 7.45pm | PILATES | LOUGH MOSS- LOFT |
| FRIDAY | 7.15pm – 8.15pm | AQUA ZUMBA | LVLP- DIVING POOL |
| FRIDAY | 8.00pm -- 9.00pm | RACQUETS | GLENMORE AC |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| SATURDAY | 8.45am – 9.30am | RT24 | LOUGH MOSS- MINOR HALL |
| SATURDAY | 9.30am – 10.15am | ZUMBA | LOUGH MOSS- MINOR HALL |
| SATURDAY | 9.30am – 10.30am | NIA DANCE | LVLP- STUDIO 2 |
| SATURDAY | 10.15am –11.00am | GROUP CYCLING | LVLP- VITALITY STUDIO |
| SATURDAY | 10.30am –11.15am | SPIN | LOUGH MOSS- ANNEX |
| SATURDAY | 10.30am –11.15am | HIIT FIT FUSION 45 | DIIB- VITALITY STUDIO |
| SATURDAY | 11.00am –12.00pm | PILATES | DIIB- VITALITY STUDIO |
| SATURDAY | 11.30am –12.30pm | 20/20/20 | LVLP- STUDIO 3 |
| SATURDAY | 12.45pm – 1.15pm | RT24 | LVLP- STUDIO 3 |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| SUNDAY | 9.45am –10.45am | YOGA | LVLP- LAGAN ROOM 1 & 2 |
| SUNDAY | 10.00am –11.00am | GROUP CYCLING & CORE | LVLP- VITALITY STUDIO |
| SUNDAY | 10.30am –11.00am | GROUP CYCLE 30 | DIIB- VITALITY STUDIO |
| SUNDAY | 10.30am –11.45am | FAMILY SPIN | LOUGH MOSS- ANNEX |
| SUNDAY | 11.00am --11.45am | FAMILY BOXERCISE | LOUGH MOSS- MAIN HALL |
| SUNDAY | 11.00am –12.00pm | YOGA | LVLP- LAGAN ROOM 1 & 2 |
| SUNDAY | 11.30am --12.15pm | KETTLEBELLS | LVLP- STUDIO 3 |
| SUNDAY | 12.30pm – 1.30pm | BOOTCAMP | DIIB- VITALITY STUDIO |
| SUNDAY | 5.30pm – 6.15pm | GROUP CYCLE 45 | DIIB- VITALITY STUDIO |