

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>VENUE</b>
MONDAY	6.30am – 7.15am	GROUP CYCLING	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30am – 7.15am	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
MONDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.30am	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
MONDAY	11.00am – 11.45am	PARENT & CHILD CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	11.30am – 12.30pm	YOGA	KILMAKEE ACTIVITY CENTRE
MONDAY	12.45am – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	5.00pm – 5.45pm	YOGA	DUNDONALD INTERNATIONAL ICE BOWL
MONDAY	5.15pm – 6.00pm	TRX – TABATA	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
MONDAY	5.45pm – 6.45pm	GO-SLOW FLOW YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	5.45pm – 6.30pm	PULSE HIIT	LOUGH MOSS LEISURE CENTRE
MONDAY	6.00pm – 6.45pm	CIRCUITS	GLENMORE ACTIVITY CENTRE
MONDAY	6.00pm – 6.45pm	CARDIO CYCLE	GROVE ACTIVITY CENTRE
MONDAY	6.15pm – 7.00pm	TABATA	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30pm – 7.00pm	BIKE AND BODY – HIIT	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30pm – 7.15pm	WOMEN'S SELF DEFENCE	LOUGH MOSS LEISURE CENTRE
MONDAY	6.45pm – 7.30pm	CIRCUITS	LOUGH MOSS LEISURE CENTRE
MONDAY	7.00pm – 8.00pm	GO-SLOW FLOW YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm – 8.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
MONDAY	7.15pm – 8.00pm	TRX – TABATA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.15pm – 8.00pm	ZUMBA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.30pm – 8.00pm	ABS BLAST	LOUGH MOSS LEISURE CENTRE
MONDAY	7.30pm – 8.15pm	WOMEN'S KICK-BOXERCISE	LOUGH MOSS LEISURE CENTRE
MONDAY	7.45pm – 8.00pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30am – 7.30am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	TRX CORE	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	RIG FIT	LOUGH MOSS LEISURE CENTRE
TUESDAY	10.00am – 11.00am	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	PILATES	DUNDONALD INTERNATIONAL ICE BOWL
TUESDAY	11.00am – 12.00pm	OVER 50'S CIRCUITS	GLENMORE ACTIVITY CENTRE
TUESDAY	12.45pm – 1.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.15pm – 6.00pm	TRX	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	6.00pm – 6.50pm	PILATES	GLENMORE ACTIVITY CENTRE
TUESDAY	6.15pm – 7.00pm	CIRCUITS	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.15pm – 7.00pm	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30pm – 7.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm – 7.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00pm – 8.00pm	YOGA	GLENMORE ACTIVITY CENTRE
TUESDAY	7.15pm – 8.00pm	TRX	LAGAN VALLEY LEISUREPLEX

TUESDAY	8.00pm – 8.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.30am – 7.30am	GROUP CYCLE & BODY CONDITIONING	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30am – 7.15am	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	9.15am – 9.45am	PARENT & CHILD HIIT	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	20/20 CYCLE & PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	10.00am – 11.00am	ZUMBA GOLD (50+)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.30am – 11.30am	YOGA	GLENMORE ACTIVITY CENTRE
WEDNESDAY	12.15pm – 12.45pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.15pm – 6.00pm	TRX & CORE	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 – 6.45pm	FUSION 45	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.00pm – 6.45pm	CARDIO CYCLE	GROVE ACTIVITY CENTRE
WEDNESDAY	6.15pm – 7.00pm	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30pm – 7.00pm	BIKE & BODY HIIT	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 7.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	7.15pm – 7.45pm	HIIT	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30am – 7.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	TRX TABATA	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	20/20 CYCLE & PILATES	LOUGH MOSS LEISURE CENTRE
THURSDAY	10.30am – 11.30am	YOGA	KILMAKEE LEISURE CENTRE
THURSDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.00pm – 1.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.30pm – 1.30pm	CIRCUITS	LOUGH MOSS LEISURE CENTRE
THURSDAY	5.15pm – 6.00pm	TRX TABATA	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm – 6.15pm	GROUP CYCLING	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.00pm – 7.00pm	FLOW YOGA	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.00pm – 6.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.15pm – 7.00pm	TOTAL BODY HIIT	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.15pm – 7.00pm	CIRCUITS	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30pm – 7.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	7.00pm – 7.45pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
THURSDAY	7.10pm – 7.55pm	YOGA	LOUGH MOSS LEISURE CENTRE
THURSDAY	7.15pm – 8.00pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
THURSDAY	8.00pm – 8.45pm	YOGA	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.30am – 7.30am	GROUP CYCLE & KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	CIRCUITS	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	RIG FIT	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.15am – 11.00am	PILATES	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.30am – 11.30am	OVER 50'S PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	11.00am – 11.45am	PARENT & CHILD LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
FRIDAY	12.00pm – 1.00pm	PILATES	GLENMORE ACTIVITY CENTRE



VITALITY MEMBERSHIP CLASSES 2021- ADULT

FRIDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	4.30pm – 5.00pm	HIIT	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.15pm – 6.00pm	TRX	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm – 6.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.15pm – 7.00pm	TABATA	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30pm – 7.15pm	WOMEN'S SELF DEFENCE	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 7.45pm	ABS & CORE	LOUGH MOSS LEISURE CENTRE
FRIDAY	7.15pm – 8.15pm	AQUAZUMBA	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.30pm – 8.15pm	WOMEN'S KICK-BOXERCISE	LAGAN VALLEY LEISUREPLEX
SATURDAY	8.45am – 9.30am	PULSE HIIT	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.15am – 10.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.30am – 10.30am	NIA DANCE	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.30am – 10.15am	ZUMBA	LOUGH MOSS LEISURE CENTRE
SATURDAY	10.15am – 11.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.15am	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
SATURDAY	11.30am – 12.15pm	TRX	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.45am – 10.45am	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.30am – 11.15am	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
SUNDAY	11.00am – 12.00pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.30am – 12.30pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX