

| DAY | TIME | CLASS | VENUE |
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| MONDAY | 9.30am-10.30am | MAMAFIT STAGE 2 | LAGAN VALLEY LEISUREPLEX |
| MONDAY | 10.45am-11.45am | MAMAFIT STAGE 1 | LAGAN VALLEY LEISUREPLEX |
| MONDAY | 11.00am-11.45am | PARENT & INFANT CIRCUITS | LAGAN VALLEY LEISUREPLEX |
| MONDAY | 10.30am-11.15am | PARENT & BABY LEGS, BUMS & TUM | MONEYREAGH COMMUNITY CENTRE |
| MONDAY | 3.00pm-4.00pm | FAMILY FUN SESSION (9 MONTHS-11 YRS) | KILMAKEE ACTIVITY CENTRE |
| MONDAY | 3.30pm – 4.30pm | FOOTBALL (4-7YRS) | LAGAN VALLEY LEISUREPLEX |
| MONDAY | 4.30pm-5.30pm | FAMILY FUN SESSION (9 MONTHS-11 YRS) | KILMAKEE ACTIVITY CENTRE |
| TUESDAY | 10.00am-10.45am | ARCHERY ADULTS & CHILDREN (AGES 7+) | KILMAKEE ACTIVITY CENTRE |
| TUESDAY | 11.15am-12pm | MOO MUSIC (0-5 YRS) | LAGAN VALLEY LEISUREPLEX |
| TUESDAY | 12pm-12.45pm | MOO MUSIC (0-1 YRS) | LAGAN VALLEY LEISUREPLEX |
| TUESDAY | 1.15pm-2pm | MOO MUSIC (0-5 YRS) | LAGAN VALLEY LEISUREPLEX |
| TUESDAY | 3.00pm-3.45pm | GYMNASTICS (4-7 YRS) | LAGAN VALLEY LEISUREPLEX |
| TUESDAY | 4.00pm-4.45pm | GYMNASTICS (8-12 YRS) | LAGAN VALLEY LEISUREPLEX |
| TUESDAY | 4.15pm- 5.15pm | BASKETBALL (6-12 YRS) | GLENMORE ACTIVITY CENTRE |
| TUESDAY | 4.30pm-5.30pm | GAELIC KIDS (5-11YRS) | LOUGH MOSS LEISURE CENTRE |
| TUESDAY | 5.30pm – 6.15pm | ARCHERY ADULTS & CHILDREN (AGES 7+) | KILMAKEE ACTIVITY CENTRE |
| TUESDAY | 6.30pm-7.30pm | PREGNANCY YOGA | LAGAN VALLEY LEISUREPLEX |
| TUESDAY | 6.30pm – 7.15pm | ARCHERY ADULTS & CHILDREN (AGES 7+) | KILMAKEE ACTIVITY CENTRE |
| TUESDAY | 7.30pm-8.30pm | BASKETBALL (8-12 YRS) | KILMAKEE ACTIVITY CENTRE |
| TUESDAY | 8.00pm-9.00pm | AQUA NATAL YOGA | LAGAN VALLEY LEISUREPLEX |
| WEDNESDAY | 9.30am-10.30am | PARENT AND BABY YOGA | LAGAN VALLEY LEISUREPLEX |
| WEDNESDAY | 10.45am-11.45am | MAMAFIT STAGE 1&2 | LAGAN VALLEY LEISUREPLEX |
| WEDNESDAY | 11.00am-11.45am | PARENT AND INFANTS' CIRCUITS | LAGAN VALLEY LEISUREPLEX |
| WEDNESDAY | 3.30pm-4.30pm | BASKETBALL (5-7yrs) | LAGAN VALLEY LEISUREPLEX |
| WEDNESDAY | 5.00pm-5.50pm | GYMNASTICS (4-7 YRS) | GLENMORE ACTIVITY CENTRE |
| WEDNESDAY | 5.30pm-6.15pm | ARCHERY ADULTS & CHILDREN (AGES 7+) | KILMAKEE ACTIVITY CENTRE |
| WEDNESDAY | 6.00pm-6.50pm | GYMNASTICS (4-7 YRS) | GLENMORE ACTIVITY CENTRE |
| WEDNESDAY | 6.30pm – 7.15pm | ARCHERY ADULTS & CHILDREN (AGES 7+) | KILMAKEE ACTIVITY CENTRE |
| WEDNESDAY | 7.00pm-7.50pm | GYMNASTICS (8-12 YRS) | GLENMORE ACTIVITY CENTRE |
| WEDNESDAY | 8.00pm-8.50pm | GYMNASTICS (8-16 YRS) | GLENMORE ACTIVITY CENTRE |
| THURSDAY | 10.30am-11.30am | BABY MASSAGE (8WKS- 4 MONTHS) | LAGAN VALLEY LEISUREPLEX |
| THURSDAY | 10.00am-12.00pm | ADULT & TOT CREATIVE LEARNING SESSIONS | GLENMORE ACTIVITY CENTRE |
| THURSDAY | 10.00am-11.00am | BABY MASSAGE 4WKS- 10MONTHS | LAGAN VALLEY LEISUREPLEX |
| THURSDAY | 11.30am-12.30pm | TODDLER SOFT PLAY (9 months-5 YRS) | LAGAN VALLEY LEISUREPLEX |
| THURSDAY | 3.00pm-4.00pm | FAMILY FUN SESSION (9 MONTHS-11 YRS) | LAGAN VALLEY LEISUREPLEX |



VITALITY MEMBERSHIP CLASSES 2024- BABY & CHILDREN

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| THURSDAY | 3.30pm-4.30pm | FAMILY FUN SESSIONS (ONLY CHILDREN) | MONEYREAGH COMMUNITY CENTRE |
| THURSDAY | 3.30pm-4.30pm | Kids Multisport- (ranging from dodgeball, pickleball, football and rugby) | LAGAN VALLEY LEISUREPLEX |
| THURSDAY | 4.30pm-5.30pm | DODGEBALL (6-14 YRS) | GLENMORE ACTIVITY CENTRE |
| THURSDAY | 4.30pm –5.30pm | KIDS FOOTBALL (6-10 YRS) | LOUGH MOSS LEISURE CENTRE |
| THURSDAY | 4.30pm-5.30pm | Kids Multisport- (ranging from dodgeball, pickleball, football and rugby) | LAGAN VALLEY LEISUREPLEX |
| FRIDAY | 11.00am-12.45pm | PARENT & INFANT BUMS/TUMS/ LEGS | LAGAN VALLEY LEISUREPLEX |
| FRIDAY | 11.00am-11.45am | PARENT & BABY CIRCUITS | MONEYREAGH COMMUNITY CENTRE |
| FRIDAY | 3.30pm-4.30pm | KIDS BADMINTON CLASSES (6-12 YRS) | LAGAN VALLEY LEISUREPLEX |
| FRIDAY | 3.30pm-4.30pm | FOOTBALL (4-7 YRS) | LAGAN VALLEY LEISUREPLEX |
| FRIDAY | 4.30pm-5.30pm | FOOTBALL (8-12 YRS) | LAGAN VALLEY LEISUREPLEX |
| FRIDAY | 5.15pm-6.30pm | FAMILY FUN SESSION (9 MONTHS- 11 YRS) | GLENMORE ACTIVITY CENTRE |
| SATURDAY | 9.45am-10.45am | NIA DANCE (12 YRS) | LAGAN VALLEY LEISUREPLEX |
| SATURDAY | 10.00am-11.00am | BALLET FITNESS | LAGAN VALLEY LEISUREPLEX |
| SUNDAY | 9.30am-10.15am | BASKETBALL (5-7 YRS) | LAGAN VALLEY LEISUREPLEX |
| SUNDAY | 9.30am-10.15am | BASKETBALL (8-12 YRS) | LAGAN VALLEY LEISUREPLEX |
| SUNDAY | 10.15am-11.00am | BASKETBALL (8-12 YRS) | LAGAN VALLEY LEISUREPLEX |
| SUNDAY | 10.15am-11.00am | BASKETBALL (5-7 YRS) | LAGAN VALLEY LEISUREPLEX |