

DAY	TIME	CLASS	VENUE
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	3pm-4pm	FAMILY FUN SESSION (9 MONTHS-11 YRS)	KILMAKEE ACTIVITY CENTRE
MONDAY	4.00pm-4.45pm	FOOTBALL BOYS & GIRLS (5-10 YRS)	GLENMORE ACTIVITY CENTRE
MONDAY	4.30pm-5.30pm	FAMILY FUN SESSION (9 MONTHS-11 YRS)	KILMAKEE ACTIVITY CENTRE
MONDAY	4.30pm-5.30pm	GAELIC KIDS (5-8YRS)	LAGAN VALLEY LEISUREPLEX
MONDAY	4.45pm-5.30pm	TOUCH RUGBY BOYS & GIRLS (6-12YRS)	GLENMORE ACTIVITY CENTRE
MONDAY	5.30pm-6.30pm	HURLING KIDS (5-8YRS)	LAGAN VALLEY LEISUREPLEX
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	4.30pm-5.30pm	BASKETBALL (6-12 YRS)	GLENMORE ACTIVITY CENTRE
TUESDAY	5.00pm-5.45pm	TRAMPOLINE (8-18 YRS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	5.30pm-6.15pm	KIDS YOGA (STARTING 6th FEBRUARY)	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	7.30pm-8.30pm	BASKETBALL (8-12 YRS)	KILMAKEE ACTIVITY CENTRE
TUESDAY	8.00pm-9.00pm	WATER YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.00am-10.45am	PARENT AND INFANTS' CIRCUITS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.45am-11.45am	MAMAFIT STAGE 1&2	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.am-11.45am	PARENT AND INFANTS' CIRCUITS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	1.00pm-2.00pm	PARENT & BABY YOGA (SUITABLE FOR BABIES 8 WEEKS OLD TO CRAWLING)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	4.00pm-5.00pm	RUGBY KIDS (6+ YRS)	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	9.15am-10.00am	SQUATS & TOTS	LOUGH MOSS LEISURE CENTRE

VITALITY MEMBERSHIP CLASSES 2024- BABY & CHILDREN

THURSDAY	10.30am-11.30am	BABY MASSAGE (8WKS- 4 MONTHS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	10.30am-12.30pm	ADULT & TOT CREATIVE LEARNING SESSIONS	GLENMORE ACTIVITY CENTRE
THURSDAY	11.30am-12.30pm	TODDLER SOFT PLAY (9 months-5 YRS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	1.00pm-2.00pm	PARENT & BABY YOGA	
THURSDAY	3.00pm-4.00pm	FAMILY FUN SESSION (9 MONTHS-11 YRS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	4.30pm-5.30pm	CRICKET FOR KIDS (6+ YRS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	4.30pm-5.30pm	DODGEBALL (6-14 YRS)	GLENMORE ACTIVITY CENTRE
THURSDAY	4.30pm – 5.15pm	KIDS FOOTBALL (6-10 YRS)	LOUGH MOSS LEISURE CENTRE
THURSDAY	5.30pm-6.30pm	TAG RUGBY (6-11 YRS)	LOUGH MOSS LEISURE CENTRE
FRIDAY	11.00am-12.45pm	PARENT & INFANT BUMS/TUMS/ LEGS	LAGAN VALLEY LEISUREPLEX
FRIDAY	3.30pm-4.30pm	KIDS BADMINTON CLASSES (6-12 YRS)	LAGAN VALLEY LEISUREPLEX
FRIDAY	4.00pm-5.00pm	FAMILY FUN SESSION	LOUGH MOSS LEISURE CENTRE
FRIDAY	4.30pm-5.30pm	FOOTBALL (4-7 YRS)	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.30pm-6.30pm	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 FOR FUN (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SATURDAY	12.30pm – 2.00pm	FAMILY RACQUETS	LOUGH MOSS LEISURE CENTRE
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
SUNDAY	11.15am – 12.15pm	RUGBY KIDS (6+ YRS)	LAGAN VALLEY LEISUREPLEX