



VITALITY MEMBERSHIP CLASSES 2024- TEENS (12-17 YRS)

DAY	TIME	CLASS	VENUE
MONDAY	6.30am – 7.15am	GROUP CYCLING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30am – 7.15am	BOOTCAMP (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
MONDAY	9.30am – 10.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	CIRCUIT TRAINING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	11.30am – 12.30pm	YOGA (12 YRS +)	KILMAKEE ACTIVITY CENTRE
MONDAY	12.00pm-1.00pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	12.45pm – 1.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	3.30pm-4.30pm	FOOTBALL (4-7 YRS)	LAGAN VALLEY LEISUREPLEX
MONDAY	4.30pm-5.30pm	FOOTBALL (8-12YRS)	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LOUGH MOSS LEISURE CENTRE
MONDAY	5.30pm-6.30pm	PILATES	LAGAN VALLEY LEISUREPLEX
MONDAY	5.45pm – 6.45pm	FLOW YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	6.00pm-7.00pm	TURBO KICK LIVE	LAGAN VALLEY LEISUREPLEX
MONDAY	6.00pm – 6.45pm	QUICK HIIT CIRCUITS (12 YRS +)	GLENMORE ACTIVITY CENTRE
MONDAY	6.30pm-7.30pm	BOXERCISE (16 YRS +)	KILMAKEE ACTIVITY CENTRE
MONDAY	6.15pm – 7.00pm	CIRCUIT TRAINING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	6.45pm-7.45pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm-7.45pm	STRENGTH & CONDITIONING (15 YRS +)	GLENMORE ACTIVITY CENTRE
MONDAY	7.00pm – 7.45pm	GROUP CYCLING (12YRS)	MONEYREAGH COMMUNITY CENTRE
MONDAY	7.00pm-8.00pm	AQUA FIT (12YRS+)	LAGAN VALLEY LEISUREPLEX
MONDAY	7.15pm – 8.00pm	ZUMBA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.30am	GROUP CYCLE & CORE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.15am	BOOTCAMP (16 YRS +)	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00am-7.45am	CIRCUIT TRAINING 12YRS	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	BODY BLAST (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	LEGS, BUMS, TUMS (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	PILATES (16 YRS +)	DUNDONALD INTERNATIONAL ICE BOWL
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	12.45pm – 1.15pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	4.15pm- 5.15pm	BASKETBALL (6-12 YRS)	GLENMORE ACTIVITY CENTRE
TUESDAY	4.30pm – 5.30pm	GAELIC KIDS (5-11 YRS)	LOUGH MOSS LEISURE CENTRE
TUESDAY	5.15pm – 6.00pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.30pm	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	5.30pm – 6.15 pm	GROUP CYCLING (12YRS+)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm-6.30pm	GROUP CYCLING (12YRS+)	MONEYREAGH COMMUNITY CENTRE
TUESDAY	6.00 pm-6.45 pm	HIIT AND CORE (14 YRS +)	GLENMORE ACTIVITY CENTRE
TUESDAY	6.30pm – 7.15pm	BOOTCAMP (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm-7.30pm	PREGNANCY YOGA (16 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm-7.45pm	GROUP CYCLE (12 YRS +)	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.30pm-8.30pm	BASKETBALL (8-13 YRS)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.30 pm -8.10 pm	KETTLEBELLS (15YRS)	GLENMORE ACTIVITY CENTRE
TUESDAY	8.15pm – 8.55pm	KETTLEBELLS (15YRS)	GLENMORE ACTIVITY CENTRE



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WEDNESDAY	6.30am – 7.30am	GROUP CYCLING & BODY CONDITIONING	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30am – 7.15am	TABATA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.15am – 7.00am	BOOTCAMP (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	7.00am-7.45am	EARLY MORNING FLOW YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	TRX (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	9.30am-10.20am	PILATES	MONEYREAGH COMMUNITY CENTRE
WEDNESDAY	10.30am – 10.50am	PILATES	GLENMORE ACTIVITY CENTRE
WEDNESDAY	10.45am – 11.45am	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	3.30pm – 4.30pm	RUGBY KIDS (6 -12 YRS)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	4.30pm-5.30pm	HOCKEY KIDS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	5.00pm-6.00pm	ZUMBA TONING	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-7.00pm	RETRO FIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-6.50pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-6.45pm	CARDIO STEP	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	7.00pm-8pm	WOMAN'S SELF DEFENCE & FITNESS 14 YRS + U18 MUST BE ACCOMPANIED BY ADULT)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	AQUAFIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 7.45pm	GROUP CYCLE (12 YRS +)	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	7.30pm-8.30pm	ZUMBA WITH JENNY	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30am – 7.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	LEGS, BUMS, TUMS (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	STUDIO TABATA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	10.30am – 11.30am	YOGA (12 YRS +)	KILMAKEE ACTIVITY CENTRE
THURSDAY	11.45am-12.45am	MAT PILATES	KILMAKEE ACTIVITY CENTRE
THURSDAY	12.00pm- 1.00pm	AQUA FIT (12YRS+)	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.45pm-1.15pm	BODY BLAST (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	4.15pm- 5.15pm	KIDS BASKETBALL (8-13YRS)	KILMAKEE ACTIVITY CENTRE
THURSDAY	4.30pm-5.30pm	KIDS FOOTBALL (6-10 YRS)	LOUGH MOSS LEISURE CENTRE
THURSDAY	5.15pm – 6.00pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm – 6.30pm	HATHA YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm-6.30pm	GROUP CYCLING	MONEYREAGH COMMUNITY CENTRE
THURSDAY	6.00pm-6.45pm	GROUP CYCLING (12 YRS +)	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.00pm-6.50pm	PILATES (12 YRS +)	GLENMORE ACTIVITY CENTRE
THURSDAY	6.30pm – 7.30pm	BOOTCAMP (INDOORS) (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30pm-7.30pm	BOXERCISE (16 YRS +)	KILMAKEE ACTIVITY CENTRE
THURSDAY	6.45pm-7.30pm	GROUP CYCLING (12 YRS +)	KILMAKEE ACTIVITY CENTRE
THURSDAY	7.00pm-7.45pm	BODY PUMP	GLENMORE ACTIVITY CENTRE
FRIDAY	6.30am – 7.30am	GROUP CYCLE & KETTLEBELLS (16 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30am – 7.15am	BOOTCAMP (16 YRS +)	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.30am-7.15am	BOOTCAMP (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
FRIDAY	7.00am-7.45am	EARLY MORNING FLOW YOGA	LAGAN VALLEY LEISUREPLEX



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FRIDAY	9.00am-9.45am	BOOTCAMP (16 YRS +)	GLENMORE ACTIVITY CENTRE
FRIDAY	9.30am – 10.15am	CIRCUIT TRAINING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	10.15am-11.00am	VITALITY PILATES (12 YRS +)	LOUGH MOSS LEISURE CENTRE
FRIDAY	12.00pm – 1.00pm	PILATES (12 YRS +)	GLENMORE ACTIVITY CENTRE
FRIDAY	12.45pm – 1.15pm	GROUP CYCLE (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	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm-7.00pm	DANCE FIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.15pm – 7.00pm	BOXERCISE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 8.00pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.15pm – 8.15pm	AQUA ZUMBA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	8.00pm-9.00pm	BASKETBALL (12-16 YRS)	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.00am-9.45am	CARDIO PUMP	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.15am – 10.00am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.30am – 10.15am	GROUP CYCLING (12 YRS+)	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.45am-10.45am	NIA DANCE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.00am – 11.00am	GROUP CYCLING	MONEYREAGH COMMUNITY CENTRE
SATURDAY	10.30am – 11.00am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.45am-11.45am	PILATES (12 YRS +)	LOUGH MOSS LEISURE CENTRE
SATURDAY	11.00am – 12.00pm	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	11.30am – 12.30pm	20/20/20 (12 YRS +)	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	10.00am – 11.00pm	HATHA YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am-11.00am	HATHA YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	GROUP CYCLE & CORE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	ZUMBA STEPS (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am-11.00am	BASKETBALL (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am – 11.00am	GROUP CYCLING (12 YRS +)	LOUGH MOSS LEISURE CENTRE
SUNDAY	11.30am – 12.15pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.15am-12.15pm	YOGA FOR STRESS RELIEF (12 YRS +)	LAGAN VALLEY LEISUREPLEX