 **VITALITY MEMBERSHIP CLASSES - ADULT**

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| **DAY** | **TIME OF CLASS** | **CLASS** | **VENUE** |
| **MONDAY** | **6.30am – 7.15am** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **MONDAY** | **9.30am – 10.15am** | **HIIT FIT FUSION 45** | **DUNDONALD ICE BOWL (start date: 29/4/2019)** |
| **MONDAY** | **9.30am – 10.30am** | **CIRCUITS** | **LVLP - MAIN HALL** |
| **MONDAY** | **9.30am – 10.30am** | **BUMS & TUMS** | **LOUGH MOSS** |
| **MONDAY** | **11.00am – 11.45am** | **PARENT & BABY CIRCUITS** | **LVLP - MAIN HALL** |
| **MONDAY** | **12.30pm – 1.15pm** | **PILATES** | **LVLP - LAGAN 2** |
| **MONDAY** | **12.30pm – 1.30pm** | **GROUP CYCLING** | **DUNDONALD ICE BOWL (start date: 29/4/2019)** |
| **MONDAY** | **12.45pm – 1.15pm** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **MONDAY** | **5.00pm – 5.45pm** | **YOGA BEGINNERS** | **DUNDONALD ICE BOWL (start date: 29/4/2019)** |
| **MONDAY** | **5.30pm – 6.00pm** | **RT24** | **LVLP - STUDIO 2** |
| **MONDAY** | **5.30pm – 6.15pm** | **PULSE CYCLE** | **LOUGH MOSS** |
| **MONDAY** | **5.45pm – 6.30pm** | **RT24** | **LOUGH MOSS** |
| **MONDAY** | **6.00pm – 6.45pm** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **MONDAY** | **6.00pm – 6.45pm** | **BOOTCAMP** | **GLENMORE ACTIVITY CENTRE** |
| **MONDAY** | **6.15pm – 7.00pm** | **20 / 20** | **LOUGH MOSS** |
| **MONDAY** | **6.15pm – 7.00pm** | **BOXERCISE** | **KILMAKEE ACTIVITY CENTRE** |
| **MONDAY** | **6.30pm – 7.15pm** | **CIRCUITS** | **LOUGH MOSS** |
| **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** | **7.15pm – 8.00pm** | **GROUP CYCLING** | **KILMAKEE ACTIVITY CENTRE** |
| **MONDAY** | **7.30pm – 8.15pm** | **ABS BLAST** | **LOUGH MOSS** |
| **MONDAY** | **8.00pm – 9.00pm** | **THAI & TONE** | **LOUGH MOSS** |
| **MONDAY** | **8.15pm – 9.15pm** | **20/20/20** | **LVLP - STUDIO 3** |

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| **DAY** | **TIME** | **CLASS** | **VENUE** |
| **TUESDAY** | **6.45am – 7.15am** | **GROUP CYCLING** | **DUNDONALD ICE BOWL (start date: 30/4/2019)** |
| **TUESDAY** | **6.30am – 7.30am** | **GROUP CYCLING & CORE** | **LVLP - VITALITY STUDIO / STUDIO 3** |
| **TUESDAY** | **6.45am – 7.30am** | **BOOTCAMP** | **LOUGH MOSS** |
| **TUESDAY** | **9.30am – 10.00am** | **PARENT & BABY GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **TUESDAY** | **9.30am – 10.15am** | **RIG FIT** | **LOUGH MOSS** |
| **TUESDAY** | **9.30am – 10.30am** | **PARENT & BABY GROUP CYCLING** | **DUNDONALD ICE BOWL (start date: 30/4/2019)** |
| **TUESDAY** | **10.00am – 11.00am** | **BUGGY BLITZ (Adult & Child)** | **LOUGH MOSS** |
| **TUESDAY** | **10.00am – 11.00am** | **YOGA** | **LVLP - LAGAN 2 & 3** |
| **TUESDAY** | **10.30am – 11.30am** | **LINE DANCING** | **LVLP - STUDIO 1 & 2** |
| **TUESDAY** | **11.00am – 11.30am** | **PARENT & BABY GROUP CYCLING** | **DUNDONALD ICE BOWL (start date: 30/4/2019)** |
| **TUESDAY** | **11.00am – 12.00pm** | **50 + CIRCUITS** | **GLENMORE ACTIVITY CENTRE** |
| **TUESDAY** | **12.45pm – 1.15pm** | **KETTLEBELLS** | **LVLP - STUDIO 3** |
| **TUESDAY** | **5.30pm – 6.15pm** | **TRX EXPRESS** | **LVLP - STUDIO 3** |
| **TUESDAY** | **6.00pm – 7.00pm** | **BUMS & TUMS** | **LOUGH MOSS** |
| **TUESDAY** | **6.00pm – 7.00pm** | **GROUP CYCLING & CORE** | **DUNDONALD ICE BOWL (start date: 30/4/2019)** |
| **TUESDAY** | **6.00pm – 7.00pm** | **PILATES** | **LOUGH MOSS** |
| **TUESDAY** | **6.15pm – 7.15pm** | **AEROBICS** | **DUNDONALD ICE BOWL (start date: 30/4/2019)** |
| **TUESDAY** | **6.15pm – 7.00pm** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **TUESDAY** | **7.00pm –7.45pm** | **BOXERCISE** | **LVLP - STUDIO 2** |
| **TUESDAY** | **7.00pm – 7.45pm** | **PULSE CYCLE** | **LOUGH MOSS** |
| **TUESDAY** | **7.10pm – 8.00pm** | **BOXERCISE** | **LOUGH MOSS** |
| **TUESDAY** | **7.45pm – 8.45pm** | **ADULT & JUNIOR CIRCUITS** | **GLENMORE ACTIVITY CENTRE** |
| **TUESDAY** | **8.00pm – 8.30pm** | **RT24** | **LVLP - STUDIO 2** |

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| **DAY** | **TIME** | **CLASS** | **VENUE** |
| **WEDNESDAY** | **6.30am – 7.30am** | **GROUP CYCLING & CONDITIONING** | **LVLP - VITALITY STUDIO** |
| **WEDNESDAY** | **9.15am – 10.00am** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **WEDNESDAY** | **9.30am – 10.30am** | **20 / 20** | **LOUGH MOSS** |
| **WEDNESDAY** | **9.30am – 10.15am** | **GROUP CYCLING & CORE** | **DUNDONALD ICE BOWL (start date: 1/5/2019)** |
| **WEDNESDAY** | **10.00am – 12.00pm** | **ACTIVE AGEING** | **LVLP - SIDE 1 & LAGAN 1 & 2** |
| **WEDNESDAY** | **10.00am – 11.00am** | **ZUMBA “GOLD” (50+)** | **LVLP - MAIN HALL** |
| **WEDNESDAY** | **10.30am – 11.30am** | **YOGA** | **GLENMORE ACTIVITY CENTRE** |
| **WEDNESDAY** | **11.00am – 12.00pm** | **BUMS / TUMS / LEGS** | **DUNDONALD ICE BOWL (start date: 1/5/2019)** |
| **WEDNESDAY** | **5.30pm – 6.15pm** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **WEDNESDAY** | **5.30pm – 6.15pm** | **FEMALE RIG FIT** | **LOUGH MOSS** |
| **WEDNESDAY** | **5.45pm – 6.30pm** | **ARCHERY (Adult & child 8 +)** | **KILMAKEE ACTIVITY CENTRE** |
| **WEDNESDAY** | **6.30pm – 7.15pm** | **ARCHERY (Adult & child 8 +)** | **KILMAKEE ACTIVITY CENTRE** |
| **WEDNESDAY** | **6.00pm – 7.00pm** | **BARBELL WORKOUT** | **LOUGH MOSS** |
| **WEDNESDAY** | **6.00pm – 6.45pm** | **PULSE CYCLE** | **LOUGH MOSS** |
| **WEDNESDAY** | **6.00pm – 7.00pm** | **GROUP CYCLE** | **GROVE ACTIVITY CENTRE** |
| **WEDNESDAY** | **6.30pm – 7.30pm** | **20 / 20 / 20** | **KILMAKEE ACTIVITY CENTRE** |
| **WEDNESDAY** | **6.30pm – 7.30pm** | **GROUP CYCLE** | **DUNDONALD ICE BOWL (start date: 1/5/2019)** |
| **WEDNESDAY** | **7.00pm – 8.00pm** | **TABATA** | **LVLP - MAIN HALL** |
| **WEDNESDAY** | **7.00pm – 8.00pm** | **AQUAFIT** | **LVLP - DIVING POOL** |
| **WEDNESDAY** | **7.00pm – 7.45pm** | **RT24 (HIIT)** | **LOUGH MOSS** |
| **WEDNESDAY** | **7.15pm – 8.15pm** | **PILATES** | **LVLP - LAGAN ROOM 1 & 2** |
| **WEDNESDAY** | **8.15pm – 9.00pm** | **FEMALE BOOTCAMP** | **LOUGH MOSS** |

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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 – 12.30pm** | **GYMNASTICS (Adult & child (Pre-school)** | **GLENMORE ACTIVITY CENTRE** |
| **THURSDAY** | **10.30am – 11.30am** | **YOGA** | **KILMAKEE ACTIVITY CENTRE** |
| **THURSDAY** | **10.30am – 11.15am** | **PULSE CYCLE** | **LOUGH MOSS** |
| **THURSDAY** | **10.30am – 11.00am** | **PARENT & BABY GROUP CYCLING** | **DUNDONALD ICE BOWL (start date: 2/5/2019)** |
| **THURSDAY** | **12.45pm – 1.15pm** | **RT24** | **LVLP - STUDIO 3** |
| **THURSDAY** | **12.30pm – 1.30pm** | **SQUATS & TOTS** | **LOUGH MOSS** |
| **THURSDAY** | **12.30pm – 1.30pm** | **AQUAFIT** | **LVLP - DIVING POOL** |
| **THURSDAY** | **12.30pm – 1.30pm** | **ACTIVE AGEING** | **DUNDONALD ICE BOWL (start date: 2/5/2019)** |
| **THURSDAY** | **5.15pm – 6.00pm** | **TRX** | **LVLP - STUDIO 3** |
| **THURSDAY** | **5.45pm – 6.30pm** | **RIG FIT** | **LOUGH MOSS** |
| **THURSDAY** | **5.30pm – 6.30pm** | **GROUP CYCLE & CORE** | **DUNDONALD ICE BOWL (start date: 2/5/2019)** |
| **THURSDAY** | **6.00pm – 6.45pm** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **THURSDAY** | **6.00pm – 6.45pm** | **PULSE CYCLE** | **LOUGH MOSS** |
| **THURSDAY** | **6.00pm – 6.45pm** | **BOXERCISE** | **LOUGH MOSS** |
| **THURSDAY** | **6.15pm – 7.15pm** | **AEROBICS** | **DUNDONALD ICE BOWL (start date: 2/5/2019)** |
| **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** | **QUICK HIT CIRCUITS** | **GLENMORE ACTIVITY CENTRE** |
| **THURSDAY** | **7.00pm – 7.45pm** | **KETTLEBELLS** | **LOUGH MOSS** |
| **THURSDAY** | **7.30pm – 8.30pm** | **CIRCUITS** | **KILMAKEE ACTIVITY CENTRE** |
| **THURSDAY** | **8.00pm – 8.30pm** | **RT24** | **LVLP - STUDIO 2** |

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| **DAY** | **TIME** | **CLASS** | **VENUE** |
| **FRIDAY** | **6.30am – 7.30am** | **GROUP CYCLE & KETTLEBELLS** | **LVLP - VITALITY STUDIO** |
| **FRIDAY** | **6.45am – 7.30am** | **BOOTCAMP** | **LOUGH MOSS** |
| **FRIDAY** | **6.45am – 7.15am** | **GROUP CYCLE** | **DUNDONALD ICE BOWL (start date: 3/5/2019)** |
| **FRIDAY** | **9.30am – 10.15am** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **FRIDAY** | **9.30am – 10.15am** | **RIG FIT** | **LOUGH MOSS** |
| **FRIDAY** | **10.30am – 11.15am** | **PILATES** | **LOUGH MOSS** |
| **FRIDAY** | **11.00am – 12.00pm** | **50 + PILATES** | **GLENMORE ACTIVITY CENTRE** |
| **FRIDAY** | **12.00pm – 12.30pm** | **PARENT & BABY GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **FRIDAY** | **12.00pm – 1.00pm** | **PILATES** | **GLENMORE ACTIVITY** |
| **FRIDAY** | **12.30pm – 1.30pm** | **HIIT ALL OVER** | **DUNDONALD ICE BOWL (start date: 3/5/2019)** |
| **FRIDAY** | **12.45pm – 1.15pm** | **OMNIA 8 “TRAIN”** | **LVLP - VITALITY GYM** |
| **FRIDAY** | **5.30pm – 6.15pm** | **GROUP CYCLING** | **LVLP - VITALITY STUDIO** |
| **FRIDAY** | **6.00pm – 6.45pm** | **PULSE CYCLE** | **LOUGH MOSS** |
| **FRIDAY** | **6.15pm – 7.00pm** | **KETTLEBELLS** | **LVLP - STUDIO 3** |
| **FRIDAY** | **6.30pm – 7.30pm** | **TRANSFORM** | **DUNDONALD ICE BOWL (start date: 3/5/2019)** |
| **FRIDAY** | **7.00pm – 7.45pm** | **PILATES** | **LOUGH MOSS** |
| **FRIDAY** | **7.15pm – 8.15pm** | **AQUA ZUMBA** | **LVLP - DIVING POOL** |

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| **DAY** | **TIME** | **CLASS** | **VENUE** |
| **SATURDAY** | **8.45am – 9.30am** | **RT24** | **LOUGH MOSS** |
| **SATURDAY** | **9.30am – 10.15am** | **ZUMBA** | **LOUGH MOSS** |
| **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** | **HIIT FIT FUSION 45** | **DUNDONALD ICE BOWL (start date: 4/5/2019)** |
| **SATURDAY** | **10.30am – 11.15am** | **PULSE CYCLE** | **LOUGH MOSS** |
| **SATURDAY** | **11.15am – 12.15pm** | **PILATES** | **DUNDONALD ICE BOWL (start date: 4/5/2019)** |
| **SATURDAY** | **11.30am – 12.30pm** | **20/20/20** | **LVLP - STUDIO 3** |
| **SATURDAY** | **12.45pm – 1.15pm** | **RT24** | **LVLP - STUDIO 3** |
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| **DAY** | **TIME** | **CLASS** | **VENUE** |
| **SUNDAY** | **10.00am – 11.00am** | **GROUP CYCLING & CORE** | **LVLP - VITALITY STUDIO** |
| **SUNDAY** | **10.30am – 11.15am** | **FAMILY GROUP CYCLING (12 +)** | **LOUGH MOSS** |
| **SUNDAY** | **11.30am – 12.15pm** | **KETTLEBELLS** | **LVLP - STUDIO 3** |
| **SUNDAY** | **10.30am – 11.00am** | **GROUP CYCLING & CORE** | **DUNDONALD ICE BOWL (start date: 5/5/2019)** |
| **SUNDAY** | **11.15am – 11.45am** | **RT24** | **DUNDONALD ICE BOWL (start date: 5/5/2019)** |
| **SUNDAY** | **11.00am – 12.00pm** | **YOGA** | **LVLP - LAGAN ROOM 1 & 2** |
| **SUNDAY** | **12.30pm – 1.30pm** | **BOOTCAMP** | **DUNDONALD ICE BOWL (start date: 5/5/2019)** |

* **CLASSES ARE SUBJECT TO VARIATION**