|  |
| --- |
| **LAGAN VALLEY LEISUREPLEX** |
| **Activities & Classes** | **Date** | **Time** |
| Active Ageing Morning |  |  |
| Aqua Fit |  |  |
| Aqua Zumba |  |  |
| Boxercise |  |  |
| Bums / Legs / Tums |  |  |
| Circuits |  |  |
| Group Cycling |  |  |
| Group Cycling & Conditioning  |  |  |
| Group Cycling & Core |  |  |
| Group Cycling & HITT |  |  |
| Group Cycling & Kettlebells |  |  |
| HITT |  |  |
| Kettlebells |  |  |
| Line Dancing |  |  |
| New’ Flow Yoga |  |  |
| NIA |  |  |
| Omnia |  |  |
| Omnia 8 ‘Move’ |  |  |
| Omnia 8 ‘Train’ |  |  |
| Pickleball |  |  |
| Pilates |  |  |
| RT24 |  |  |
| Squash |  |  |
| Tabata |  |  |
| TRX |  |  |
| Walking Football |  |  |
| Yoga |  |  |
| Zumba |  |  |
| Zumba Gold (50+) |  |  |
| 20/20/20 |  |  |

***\*Dates and times to be confirmed.***