|  |  |  |  |
| --- | --- | --- | --- |
| **LAGAN VALLEY LEISUREPLEX (ADULT)** | | | |
| **DAY** | **CLASS** | **TIME** | **VENUE** |
| **Monday** | **6:30am – 7:15am** | **Group Cycling** | **Vitality Studio** |
| **Monday** | **9:30am – 10:30am** | **Circuits** | **Main Hall** |
| **Monday** | **11:00am – 11:45am** | **Parent & Baby Circuits** | **Main Hall** |
| **Monday** | **12:30pm – 1:15pm** | **Pilates** | **Lagan 2** |
| **Monday** | **12:45pm – 1:15pm** | **Group Cycling** | **Vitality Studio** |
| **Monday** | **5:30pm – 6:00pm** | **RT24** | **Studio 2** |
| **Monday** | **6:00pm – 6:45pm** | **Group Cycling** | **Vitality Studio** |
| **Monday** | **7:00pm – 8:00pm** | **Circuits** | **Main Hall** |
| **Monday** | **7:00pm – 8:00pm** | **AquaFit** | **Diving Pool** |
| **Monday** | **7:00pm – 8:00pm** | **Yoga** | **Lagan 2 & 3** |
| **Monday** | **7:00pm – 8:00pm** | **Zumba** | **Studio 1 & 2** |
| **Monday** | **8:15pm – 9:15pm** | **20/20/20** | **Studio 3** |
|  |  |  |  |
| **Tuesday** | **6:30am – 7:30am** | **Group Cycling & Core** | **Vitality Studio / Studio 3** |
| **Tuesday** | **9:30am – 10:00am** | **Parent & Baby Group Cycling** | **Vitality Studio** |
| **Tuesday** | **10:00am – 11:00am** | **Yoga** | **Lagan 2& 3** |
| **Tuesday** | **10:30am – 11:30am** | **Line Dancing** | **Studio 1 & 2** |
| **Tuesday** | **12:45pm – 1:15pm** | **Kettlebells** | **Studio 3** |
| **Tuesday** | **5:30pm – 6:15pm** | **TRX Express** | **Studio 3** |
| **Tuesday** | **6:15pm – 7:00pm** | **Group Cycling** | **Vitality Studio** |
| **Tuesday** | **7:00pm –7:45pm** | **Boxercise** | **Studio 2** |
| **Tuesday** | **8:00pm – 8:30pm** | **RT24** | **Studio 2** |
|  |  |  |  |
| **Wednesday** | **6:30am – 7:30am** | **Group Cycling & Conditioning** | **Vitality Studio** |
| **Wednesday** | **9:15am – 10:00am** | **Group Cycling** | **Vitality Studio** |
| **Wednesday** | **10:00am – 12:00pm** | **Active Ageing** | **Side 1 & Lagan 1 & 2** |
| **Wednesday** | **10:00am – 11:00am** | **Zumba “GOLD” (50+)** | **Main Hall** |
| **Wednesday** | **5:30pm – 6:15pm** | **Group Cycling** | **Vitality Studio** |
| **Wednesday** | **7:00pm – 8:00pm** | **Tabata** | **Main Hall** |
| **Wednesday** | **7:00pm – 8:00pm** | **AquaFit** | **Diving Pool** |
| **Wednesday** | **7:15pm – 8:15pm** | **Pilates** | **Lagan 1 & 2** |
|  |  |  |  |
| **Thursday** | **6:30am – 7:15am** | **Group Cycling** | **Vitality Studio** |
| **Thursday** | **9:30am – 10:00am** | **Bums / Tums / Legs** | **Studio 3** |
| **Thursday** | **12:45pm – 1:15pm** | **RT24** | **Studio 3** |
| **Thursday** | **12:30pm – 1:30pm** | **AquaFit** | **Diving Pool** |
| **Thursday** | **5:15pm – 6:00pm** | **TRX** | **Studio 3** |
| **Thursday** | **6:00pm – 6:45pm** | **Group Cycling** | **Vitality Studio** |
| **Thursday** | **6:00pm – 7:00pm** | **Flow Yoga** | **Lagan 1 & 2** |
| **Thursday** | **7:00pm – 7:45pm** | **Kettlebells** | **Studio 3** |
| **Thursday** | **8:00pm – 8:30pm** | **RT24** | **Studio 2** |
|  |  |  |  |
| **Friday** | **6:30am – 7:30am** | **Group Cycling & Kettlebells** | **Vitality Studio** |
| **Friday** | **9:30am – 10:15am** | **Group Cycling** | **Vitality Studio** |
| **Friday** | **12:00pm – 12:30pm** | **Parent & Baby Group Cycling** | **Vitality Studio** |
| **Friday** | **12:45pm – 1:15pm** | **Omnia 8 “TRAIN”** | **Vitality Gym** |
| **Friday** | **5:30pm – 6:15pm** | **Group Cycling** | **Vitality Studio** |
| **Friday** | **6:15pm – 7:00pm** | **Kettlebells** | **Studio 3** |
| **Friday** | **7:15pm – 8:15pm** | **Aqua Zumba** | **Diving Pool** |
|  |  |  |  |
| **Saturday** | **10:15am – 11:00am** | **Group Cycling** | **Vitality Studio** |
| **Saturday** | **9:30am – 10:30am** | **NIA Dance** | **Studio2** |
| **Saturday** | **11:30am – 12:30pm** | **20/20/20** | **Studio 3** |
| **Saturday** | **12:45pm – 1:15pm** | **RT24** | **Studio 3** |
|  |  |  |  |
| **Sunday** | **10:00am – 11:00am** | **Group Cycling & Core** | **Vitality Studio** |
| **Sunday** | **11:30am – 12:15pm** | **Kettlebells** | **Studio 3** |
| **Sunday** | **11:00am – 12:00pm** | **Yoga** | **Lagan 1 & 2** |