

DAY	TIME	CLASS	VENUE
MONDAY	6.30am – 7.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30am – 7.15am	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
MONDAY	6.30am -7.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.30am	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
MONDAY	10.45am – 11.45am	MAMAFIT STAGE 2	LAGAN VALLEY LEISUREPLEX
MONDAY	10.45am – 11.45am	MAMAFIT STAGE 1	LAGAN VALLEY LEISUREPLEX
MONDAY	11.00am – 11.45am	PARENT & CHILD CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	12noon – 1.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
MONDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	11.30am – 12.30pm	YOGA	KILMAKEE ACTIVITY CENTRE
MONDAY	11.30am – 12.30pm	OVER 50'S FUN & FITNESS	GLENMORE ACTIVITY CENTRE
MONDAY	12.45am – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	5.00pm – 5.45pm	YOGA	DUNDONALD INTERNATIONAL ICE BOWL
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
MONDAY	5.45pm – 6.45pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	5.45pm – 6.30pm	HIIT	LOUGH MOSS LEISURE CENTRE
MONDAY	6.00pm – 6.45pm	QUICK HIIT CIRCUITS	GLENMORE ACTIVITY CENTRE
MONDAY	6.00pm – 6.45pm	GROUP CYCLE	GROVE ACTIVITY CENTRE
MONDAY	6.00pm – 6.45pm	KETTLEBELLS	BILLY NEILL MBE COUNTRY PARK
MONDAY	6.15pm – 7.00pm	CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	6.45pm – 7.30pm	CIRCUITS	LOUGH MOSS LEISURE CENTRE
MONDAY	7.00pm – 8.00pm	GO-SLOW FLOW YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm – 8.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
MONDAY	7.15pm – 8.15pm	ZUMBA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.30pm – 8.00pm	ABS BLAST	LOUGH MOSS LEISURE CENTRE
MONDAY	7.45pm – 8.00pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30am – 7.00am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.15am	BOOTCAMP	LOUGH MOSS LEISURE CENTRE
TUESDAY	9.00am – 9.50am	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.15am – 10.00am	BUMS & TUMS	GLENMORE ACTIVITY CENTRE
TUESDAY	9.30am – 10.15am	BODY BLAST	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	RIG FIT	LOUGH MOSS LEISURE CENTRE
TUESDAY	10.00am – 11.00am	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	PILATES	DUNDONALD INTERNATIONAL ICE BOWL
TUESDAY	10.30am – 11.30am	LINE DANCING	LAGAN VALLEY LEISUREPLEX
TUESDAY	11.00am – 12.00pm	50+ FEEL GOOD FITNESS	GLENMORE ACTIVITY CENTRE
TUESDAY	11.15am – 12 noon	MOO MUSIC (0-5 years)	LAGAN VALLEY LEISUREPLEX
TUESDAY	12.15pm -12.45pm	MOO MUSIC (0-pre walkers)	LAGAN VALLEY LEISUREPLEX
TUESDAY	12.45pm – 1.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.15pm – 6.00pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.30pm	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	6.00pm – 6.45pm	PILATES	LOUGH MOSS LEISURE CENTRE

TUESDAY	6.00pm – 6.45pm	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
TUESDAY	6.00pm – 6.45pm	HIIT AND CORE	GLENMORE ACTIVITY CENTRE
TUESDAY	6.30pm – 7.15pm	BOOTCAMP (OUTDOORS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.15pm – 7.00pm	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm – 7.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00pm – 8.00pm	YOGA	GLENMORE ACTIVITY CENTRE
TUESDAY	8.00pm – 8.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.30am – 7.15am	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30am – 7.15am	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	TRX	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	20/20 CYCLE & PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	9.30am – 10.30am	PARENT & BABY YOGA	GROVE ACTIVITY CENTRE
WEDNESDAY	10.00am – 11.00am	ZUMBA GOLD (50+)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.00am - 11.00am	YOGA BARRE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.30am – 11.30am	YOGA	GLENMORE ACTIVITY CENTRE
WEDNESDAY	10.45am – 11.45am	MAMAFIT STAGE 2	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.45am – 11.45am	MAMAFIT STAGE 1	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.00am – 12.00pm	FEEL GOOD YOGA	GROVE ACTIVITY CENTRE
WEDNESDAY	12.30pm – 1.30pm	BABY MASSAGE	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	1.30pm – 2.30pm	SENIOR MULTISPORTS (50+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	5.45pm – 6.30pm	CARDIO FIT	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.00pm – 6.45pm	FUSION 45	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.00pm – 6.45pm	GROUP CYCLE	GROVE ACTIVITY CENTRE
WEDNESDAY	6.15pm – 7.00pm	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 7.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	8.00pm – 8.45pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.30am – 7.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	STUDIO TABATA	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	20/20 CYCLE & PILATES	LOUGH MOSS LEISURE CENTRE
THURSDAY	10.30am – 11.30am	YOGA	KILMAKEE LEISURE CENTRE
THURSDAY	12.00pm – 1.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.00pm – 12.45pm	AQUANATAL	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.00pm – 1.00pm	BABY MASSAGE	GROVE ACTIVITY CENTRE
THURSDAY	12.45pm – 1.15pm	BODY BLAST	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.30pm – 1.30pm	SQUATS & TOTS	LOUGH MOSS LEISURE CENTRE
THURSDAY	3.00pm – 4.00pm	FAMILY FUN SESSION	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.15pm-6pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.00pm – 7.00pm	FLOW YOGA	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.00pm – 6.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.15pm – 7.00pm	TOTAL BODY HIIT	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.30pm – 7.15pm	BOOTCAMP (OUTDOORS)	LAGAN VALLEY LEISUREPLEX

THURSDAY	7.00pm – 7.45pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
THURSDAY	7.10pm – 7.55pm	YOGA	LOUGH MOSS LEISURE CENTRE
THURSDAY	7.15pm – 8.00pm	BOXERCISE	GROVE ACTIVITY CENTRE
THURSDAY	7.30pm – 8.30pm	CIRCUITS	KILMAKEE LEISURE CENTRE
THURSDAY	8.00pm – 8.45pm	YOGA	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.30am – 7.30am	GROUP CYCLE & KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30am – 7.15am	BOOTCAMP	LOUGH MOSS LEISURE CENTRE
FRIDAY	9.30am – 10.15am	CIRCUITS	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	RIG FIT	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.15am – 11.00am	PILATES	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.30am – 11.30am	OVER 50'S PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	11.00am – 11.45am	PARENT & CHILD LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
FRIDAY	11.00am – 12.00pm	FEEL GOOD FITNESS (50+)	GROVE ACTIVITY CENTRE
FRIDAY	12.00pm – 1.00pm	PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.15pm – 6.00pm	STUDIO TABATA	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm – 6.45pm	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.15pm – 7.00pm	BOXERCISE	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.45pm – 7.30pm	WOMEN'S SELF DEFENCE (16+)	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 7.45pm	ABS & CORE	LOUGH MOSS LEISURE CENTRE
FRIDAY	7.15pm – 8.15pm	AQUA ZUMBA	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.30pm – 8.15pm	WOMEN'S KICK-BOXERCISE (16+)	LAGAN VALLEY LEISUREPLEX
SATURDAY	8.45am – 9.30am	PULSE HIIT	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.15am – 10.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.30am – 10.15am	ZUMBA	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.30am – 10.30am	NIA DANCE	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.00am – 11.00am	BALLET FITNESS (NEW TIME FROM 2 JULY – 9AM-10AM)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.15am	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
SATURDAY	11.00am – 12.00pm	YOGA	LAGAN VALLEY LEISUREPLEX
SATURDAY	11.30am – 12.30pm	20/20/20	LAGAN VALLEY LEISUREPLEX
SATURDAY	12.15pm – 1.15pm	YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.45am – 10.45am	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.30am – 11.15am	PULSE CYCLE	LOUGH MOSS LEISURE CENTRE
SUNDAY	11.00am – 12.00pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.30am – 12.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
SUNDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX



VITALITY MEMBERSHIP CLASSES 2022- ADULT