

# CLASS TIMETABLE

DAY	CLASS	TIME	COST
<b>Monday</b>	<b>Cardio Core (Members Only)</b>	7.05am-7.35am	
	Early Morning Indoor Cycle	08.05am-08.35am	£3.00
	Indoor Bowls	10.30am-12.30pm	£2.50
	50/50 Cardio/Core	11.00am-11.45am	£4.00
	Kettle Blast	5.30pm-6.15pm	£4.00
	Strength & Tone	6.00pm-7.00pm	£4.50
	Box Fit	7.15pm-8.15pm	£4.50
	Met Con	7.30pm-8.30pm	£4.50
<b>Tuesday</b>	<b>Spin (Members Only)</b>	7.05am-7.35am	
	Early Morning Kettle Blast	8.05am-8.35am	£3.00
	Senior Swim	8.30am-9.30am	free
	Stretch & Tone (from 16 Jan 2018)	10.00am-11.00am	£4.00
	Spin & Bells	10.30am-11.30am	£4.00
	Power Hour	5.45pm-6.45pm	£4.50
	Cycle Blast	7.00pm-7.45pm	£4.00
	Kettle Blast	8.15pm-9.00pm	£4.00
	Aqua Jog	8.45pm-9.30pm	£4.00
<b>Wednesday</b>	<b>Circuits (Members Only)</b>	7.05am-7.35am	
	Early Morning Indoor Cycle	8.05am-8.35am	£3.00
	Young at Heart	10.00am-11.00am	£2.50
	Met Con	12.45pm-1.15pm	£3.00
	Tea Dance*	2.00pm-3.30pm	£1.00

	Learn to play Bridge*	2.00pm-5.00pm	£2.50
	Cycle Blast	5.30pm-6.15pm	£4.00
	Step & Sculpt	6.45pm-7.45pm	£4.00
	Kettle Blast	8.00pm-8.45pm	£4.00
	Aqua Fit/ Aerobics	8.15pm-9.00pm	£4.00
	Social Volleyball*	8.30pm-10.00pm	£3.00
<b>Thursday</b>	Met Con (Members Only)	7.05am-7.35am	
	Early Morning Kettle Blast	8.05am-8.35am	£3.00
	Box & Bells	10.30am-11.15am	£4.00
	Senior Chair Based Exercise	11.00am-12.00noon	£2.50
	Kettle Blast	5.30pm-6.15pm	£4.00
	Cycle Blast (Advanced)	7.00pm-7.45pm	£4.00
	50/50 Cardio/Core	8.15pm-9.00pm	£4.00
	Aqua Jog	8.45pm-9.30pm	£4.00
<b>Friday</b>	Box Fit (Members Only)	7.05am-7.35am	
	Early Morning Indoor Cycle	8.05am-8.35am	£3.00
	Yoga	9.30am-10.30am	£4.00
	Yoga	10.45am-11.45am	£4.00
	50/50 Cardio/Core	11.00am-11.45am	£4.00
	Met Con	5.30pm-6.00pm	£3.00
	Indoor Cycle (Beginners)	6.15pm-7.00pm	£4.00
<b>Saturday</b>	Cycle Blast and Core	10.15am-11.00am	£4.50

\*Not included in Membership

All Classes are subject to change. Please contact Fermanagh Lakeland Forum reception on 028 6632 4121 to book a place