

**Get fit, have fun at the Bawnacre Centre Irvinestown!!**

**Fitness programme commencing**

**Monday 10th Sept 2018 – Friday 19th Oct 2018**

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| **Monday** | **Time** |
| **\*Aerobic Cycle**  |  **9.15 am**  |
| **Cardio H.I.T.T** | **7.00 pm** |

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| **Tuesday** | **Time** |
| **Ab Attack (30 mins)** | **1.00 pm**  |
| **\*Aerobic Cycle** | **7.00 pm** |
| **\*\*Kangoo Jump**  | **8.00 pm** |

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| **Wednesday** | **Time** |
| **Body Blast** | **9.15 am** |
| **Circuits** | **7.00 pm** |
| **Yoga** | **8.00 pm**  |

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| **Thursday** | **Time** |
| **Body Blast (30 mins)** | **1.00 pm** |
| **\*Aerobic Cycle** | **7.30 pm** |

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| **Friday** | **Time** |
| **Aerobic Cycle/Body Blast** | **9.15 am** |

**\*To guarantee a bike you must register in advance for the Aerobic Cycling classes**

**\*\*You must reserve your boots @ Kangoo Jump with Inga on Facebook**

**You MUST be 16 years old or over to take part in any classes**

Further details are available from the Bawnacre Reception Desk, Telephone 028 686 21177.