

Adult Activities – 3rd - 29th September 2018

Monday

	Start Date	Time	Cost
Bridge Club	03/09/2018	2.00-4.00pm	
Bowls	10/09/2018	2.00-3.30pm	£2.50
Indoor Cycling ~	03/09/2018	6.30-7.15pm	£3.60
Strength & Conditioning ~	03/09/2018	7.30-8.30pm	£4.65
Lisnaskea Historical Society (3 rd Monday of month)	17/09/2018	8.00-9.30pm	
Ju-Jitsu	03/09/2018	8.30-10.00pm	

Tuesday

Pregnancy Yoga with Christina Link-6 week course-to be prebooked contact Centre for details	25/09/2018	6.00-7.00pm	£40/6 weeks
Boxfit ~	04/09/2018	7.00-8.00pm	£4.65
Hatha Yoga with Christiane Link - 6 week course	25/09/2018	7.15-8.30pm	£35/6 weeks
Circuits ~	04/09/2018	8.00-8.45pm	£3.60

Wednesday

Chair Based Exercise	19/09/2018	2.00-3.00pm	£2.05
Pilates – 7 week course - ** free taster session 05/09/18**	12/09/2018	7.00-8.00pm	£40/7 weeks
Spin/Circuits ~	05/09/2018	7.15-8.15pm	£4.65
Ju-Jitsu	05/09/2018	8.30-10.00pm	

Thursday

Art & Watercolour Class	20/09/2018	2.00-4.00pm	£41/10 weeks
Yoga with Lucy - 6 week course	06/09/2018	7.15-8.45pm	£40/6 weeks

Friday

Bridge Club	07/09/2018	2.00-4.00pm	
Fitness Frenzy ~	06/09/2018	7.00-8.00pm	£4.65

Saturday

Cardio Mix ~	08/09/2018	10.30-11.15am	£3.60
--------------	------------	---------------	-------

Classes marked with an ~ are included in Fitness Suite Membership