CLASS TIMETABLE

DAY	CLASS	TIME	COST
Monday	Cardio Core (Members Only)	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
Tuesday	Spin (Members Only)	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
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Wednesday	Circuits (Members Only)	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* Cycle Blast Step & Sculpt Kettle Blast Aqua Fit/ Aerobics Social Volleyball*	2.00pm-5.00pm 5.30pm-6.15pm 6.45pm-7.45pm 8.00pm-8.45pm 8.15pm-9.00pm 8.30pm-10.00pm	£2.50 £4.00 £4.00 £4.00
Step & Sculpt Kettle Blast Aqua Fit/ Aerobics	6.45pm-7.45pm 8.00pm-8.45pm 8.15pm-9.00pm	£4.00 £4.00 £4.00
Kettle Blast Aqua Fit/ Aerobics	8.00pm-8.45pm 8.15pm-9.00pm	£4.00 £4.00
Aqua Fit/ Aerobics	8.15pm-9.00pm	£4.00
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Social Volleyball*	8.30pm-10.00pm	
		£3.00
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
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
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Cycle Blast and Core	10.15am-11.00am	£4.50
	Early Morning Kettle Blast Box & Bells Senior Chair Based Exercise Kettle Blast Cycle Blast (Advanced) 50/50 Cardio/Core Aqua Jog Box Fit (Members Only) Early Morning Indoor Cycle Yoga Yoga 50/50 Cardio/Core Met Con Indoor Cycle (Beginners)	Early Morning Kettle Blast Box & Bells 10.30am-11.15am Senior Chair Based Exercise 11.00am-12.00noon Kettle Blast 5.30pm-6.15pm Cycle Blast (Advanced) 50/50 Cardio/Core Aqua Jog 8.45pm-9.00pm Box Fit (Members Only) 7.05am-7.35am Early Morning Indoor Cycle Yoga 9.30am-10.30am Yoga 10.45am-11.45am Met Con Indoor Cycle (Beginners) 6.15pm-7.00pm

*Not included in Membership

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