Coleraine Class Timetable

September 2021

Causeway Coast & Glens Borough Council

	Mornings			Evenings			
Mon	09:15-10:00 SPIN	09:30-10:15 PUMP	10:30-11:15 Stability Ball	13:15- 14:00 AQUAFIT		17:45-18:30 ZUMBA	
Tue	09:30-10:15 Abs & Arms	10:30-11:00 Dance Aerobics	11:45 -12:30 AQUAFIT		18:00– 18:45 SPIN	18:00– 18:45 Kettlebells	19:00- 20:00 YOGA
Wed	07:15-08:00 SPIN	09:30-10:30 Beginners Yoga	10:45-11:30 ZUMBA			18:00-18:45 PUMP	19:30-20:15 AQUAFIT
Thu		09:30—10:15 SPIN	10:30 -11:15 PILATES		17:45-18:30 ZUMBA	18:00-18:45 Kettlebells	
Fri		09:30-10:15 Abs & Arms	10:30-11:15 GHQ LEGS		18:00 - 19:00 YOGA		
Sat							
Sun							

Download our Mobile App from Google or Apple store where you can view, book, and cancel our classes directly from your smart phone.

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