Roe Valley Class Timetable

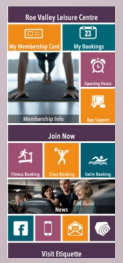
Causeway Coast & Glens Borough Council

	Mornings				Evenings		
Mon	06:30 Gymfit			5:45 Spin	7:00 Yoga	7:00 Circuits	8:00 Yoga
Tue	10:15 Aquafit	1:00 -1:30 H.I.I.T			6:30 Spin & Tone	7:00 Pilates	7:30 Swim Fit
Wed	06:30 Circuits				6:00 Pump & Core	7:15 Beginner Fitness	8:00 Beginner Spinning
Thu		1:00-1:30 Gymfit			6:00 Spin & core	7:00 20/20/20	
Fri	06:30 Gymfit	10:00 -10:30 Parent & Toddler Swimming	10:30 -11:00 Parent & Toddler Swimming	10.00 am Yoga	11.15 am Chair Yoga	6:00 Swim Fit	7:00 Pilates
Sat		10:00 Circuits					
Sun							

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

Search for **CCG Leisure**

Book online via https://www.causewaycoastandglens.gov.uk/see-do/leisure-centres



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