

## **Adult Fitness & Activity Classes**

### **Monday**

Cardio Cycle

7.00 pm -7.45 pm

Step-Aerobic

8.00 pm -9.00 pm

### **Tuesday**

Kung-Fu

6.30pm -8.00 pm

Body-Conditioning

7.00 pm -8.00 pm

### **Wednesday**

Nifty Fifties

10.00 am -11.00 am

Cardio- Cycling (Beginners)

7.00 pm - 7.30 pm

(Enrolment Necessary)

### **Thursday**

Cardio-Cycling

7.00 pm -7.4 5pm

(Enrolment Necessary)

Ju- Jitsu

8.00 pm -9.00 pm

### **Friday**

Nifty 50's

10.00 am -11.30 am

### **Saturday**

Pilates

8.00 pm -9.00 pm

(Enrolment Necessary)

Dog Obedience Classes

Contact Keith 028 3884 1509