New Year 2019

Class Programme

FROM Wed 2nd Jan

To Sat 29th June

Monday

- 10:00am — MELLOW MOVERS
- 10:00am — PARENT & TODDLER SWIMS
- 10:30am — DIFFERENT STROKES
- 1:00pm — H.I.I.T
- 6:00pm — SPINNING
- 7:15pm — TOTAL BODY WORKOUT
- 7:30pm — YOGA (New Time)

Tuesday

- 10:30am — AQUAFIT
- 7:00pm — SPINNING
- 7:00pm — PILATES
- 7:00pm — KETTLEBELLS
- 8:00pm — SWIMFIT

Wednesday

- 1:00pm — PUMP
- 6:00pm — BEGINNERS FITNESS
- 7:00pm — BEGINNERS SPINNING (New class)
- 8:00pm — 20 20 (New class)

Thursday

- 10:30am — TAI-CHI
- 10:30am — AQUAFIT
- 1:00pm — SWIMFIT
- 5:30pm — H.I.I.T
- 7:00pm — PILATES
- 8:30pm — YOGA

Friday

- 10:00am — PARENT & TODDLER SWIMS
- 10:00am — DIFFERENT STROKES (UnCoached)
- 10:00am — AQUANATAL
- 11:15am — H.I.I.T
- 1:00pm — H.I.I.T

Saturday

- 10:00am — KETTLEBELLS

Classesmonthlypass

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to all our classes

no contract

alsoincludesaccesstopublicswimming

ONLY£30

- Classes can be booked up to 7days in advance at reception or by phoning 028 777 64009.
- Non-members required to pay at time of booking.
- Members are urged not to use social media to try & book classes. These pages are monitored only periodically throughout the day so you might miss out on a class, especially where spaces are limited.
- More information on the class programme together with our current swim timetable is available on our website

Information correct at the time of going to print - Jan 19. Timetable is subject to change.
Classes are continuously monitored. Underperforming classes may be removed without notice.

Causeway Coast & Glens Borough Council

www.rvlc.co.uk

ROE VALLEY LEISURE CENTRE