VALLEY

CLASS TIMETABLE

Antrim and Newtownabbey BOROUGH COUNCIL

MORE active, often...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10		PUMP June 30mins Hall 3	HiiT STRENGTH June 30mins Hall 3	CORE June 30mins Hall 3	PUMP June 30mins Hall 3		
06.45		GROUP CYCLE June 45mins Cycle Studio	GROUP CYCLE June 45mins Cycle Studio	GROUP CYCLE June 45mins Cycle Studio	GROUP CYCLE June 45mins Cycle Studio		
07.00		HiiT Emma M 30mins Hall 3		HiiT Emma M 30mins Hall 3			
07.45	GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio		
08.15						PILATES Naomi 60mins Studio 2	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30	**ATTACK** Paula J **60mins** **Hall 3**	**COMBAT** Emma M 30mins Hall 3 **GROUP CYCLE** Nicky 45mins Cycle Studio	**ZUMBA** Paula J **60mins** **Sports Hall**	**COMBAT** Paula J 60mins Hall 3	**GROUP CYCLE** Nicky **45mins** Cycle Studio **STEP** Paula J **60mins** Hall 3	**COMBAT** Emma M **60mins** **Hall 3** **PILATES** Naomi 60mins Studio 2	**COMBAT** Naomi **60mins** **Hall 3**
10.00	**YOGA** Anne **60mins** Studio 2	**PILATES** Roisin 60mins Studio 2 **CORE** Emma 30mins Hall 3	**YOGA** Amy **60mins** Studio 2	**PILATES** Roisin **60mins** Studio 2	**YOGA** Anne 60mins Studio 2	**GROUP CYCLE** Nicky **45mins** Cycle Studio	**GROUP CYCLE** Paula J **45mins** Cycle Studio
10.30	**AEROBICS (S)** Paula 60mins Sports Hall	**LIVE LONG** Colin 120mins Sports Hall **PUMP** Emma M 45mins Hall 3	**AEROBICS (S)** Claire 60mins Sports Hall	**CORE** Paula 30mins Hall 3	**CORE** Paula 30mins Hall 3		

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:45						**ZUMBA** JD 60mins Hall 3	**ATTACK** Paula J 60mins Hall 3
11.15	**YOGA** Anne 60mins Studio 2	**PILATES** Roisin 60mins Studio 2	**YOGA** Tom 60mins Studio 2				
11.30		**AQUA FIT** Claire 45mins Main Pool		**AQUA FIT** Chelsea 45mins Main Pool			**YOGA** Anne 60mins Studio 2
12.00						**ZUMBA** Karina 60mins Hall 3	
12.15	**GROUP CYCLE** Virtual 30mins Cycle Studio		**GROUP CYCLE** Virtual 30mins Cycle Studio		**GROUP CYCLE** Virtual 30mins Cycle Studio		
13.00						**GROUP CYCLE** Virtual 30mins Cycle Studio	**GROUP CYCLE** Virtual 30mins Cycle Studio
14.00		**GROUP CYCLE** Virtual 30mins Cycle Studio	**AQUA FIT** Claire 45mins Main Pool	**GROUP CYCLE** Virtual 30mins Cycle Studio			
16.30		**GROUP CYCLE** Virtual 30mins Cycle Studio		**GROUP CYCLE** Virtual 30mins Cycle Studio			

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.15	**MORE DANCE (J) (4-7yr olds)** Cherie 45mins Training Room						
17.30	**COMBAT** Emma M 45mins Hall 3 **GROUP CYCLE** June 30mins Cycle Studio	**GROUP CYCLE** Paula J 45mins Cycle Studio	**GROUP CYCLE** Elaine 30mins Cycle Studio	**GROUP CYCLE** Paula J 45mins Cycle Studio	**GROUP CYCLE** Ruby 45mins Cycle Studio		
17.45	**PILATES** Tracy 60mins Studio 2		**COMBAT** Paula J 60mins Hall 3		**PUMP** Tracy 45mins Hall 3		
18.00	**GROUP CYCLE** June 60mins Cycle Studio **MORE DANCE (J) (8-12yr olds)** Cherie 45mins Training Room	**HiiT STEP** June 30mins Hall 3 **YOGA** Jaynie 60mins Studio 2 **MORE MIND*** Arlene 60mins Hall 2	**GROUP CYCLE** Nicky 45mins Cycle Studio	**PUMP** June 30mins Hall 3	**YOGA** Amy 60mins Studio 2		
18.30	**PUMP** Emma M 45mins Hall 3		**PILATES** Tracy 60mins Studio 2				
18.45		**GROUP CYCLE** June 45mins Cycle Studio					

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.45		**ATTACK** Paula J 60mins Hall 3					
19.00	**PILATES** Tracy 60mins Studio 2		**GROUP CYCLE** Paula J 45mins Cycle Studio **PUMP** Elaine 60mins Hall 3	**YOGA** Anne 60mins Studio 2 **PUMP** Jenny 45mins Hall 3	**YOGA** Amy 60mins Studio 2		
19.15		**YOGA** Tom 60mins Studio 2					
19.30	**GROUP CYCLE** Virtual 45mins Cycle Studio **COMBAT** Naomi 60mins Hall 3	**GROUP CYCLE** Virtual 45mins Cycle Studio					
19.45	**ZUMBA** Paula J 60mins Main Hall			**ZUMBA** Paula J 60mins Main Hall			
20.15		**ZUMBA** JD 45mins Hall 3	**ZUMBA** Joy 45mins Hall 3				

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

(J) MORE Junior Class

(S) MORE Senior Class

***MORE Movement for your Mind**