VALLEY A S Newtownabbey Borough Council.





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HiiT STEP	PUMP	HiiT STRENGTH	CORE	PUMP		11111
06.10	Roisin	June	June	June	June		
	30mins	30mins	30mins	30mins	30mins		
	Hall 3	Hall 3	Hall 3	Hall 3	Hall 3		
	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE		
06.45	Roisin	June 45 maior	June	June 45 maio a	June		
00.40	45mins	45mins	45mins	45mins	45mins		
	Dance Studio	Dance Studio	Dance Studio	Dance Studio	Dance Studio		
		CIRCUITS		CIRCUITS			
07.00		Emma M		Emma M			
07.00		30mins		30mins			
		Hall 3		Hall 3		3 1 1 1 1 1 1	N N N N N
	GROUP CYCLE		GROUP CYCLE		GROUP CYCLE	COMBAT	
08.15	Virtual		Virtual		Virtual	Emma M	
00.10	30mins		30mins		30mins	60mins	
	Cycle Studio		Cycle Studio		Cycle Studio	Hall 3	# # # # # # # #
	ATTACK	COMBAT	ZUMBA	COMBAT	GROUP CYCLE	COMBAT	COMBAT
09.30	Paula J	Emma M	Paula J	Paula J	Nicky	Emma M	Naomi
09.30	60mins	60mins	60mins	60mins	45mins	60mins	60mins
	Hall 3	Hall 3	Sports Hall	Hall 3	Dance Studio	Hall 3	Hall 3
		GROUP CYCLE		1 1 1 1 1 1 1	STEP	1 1 1 1 1 1 1 1	
		Nicky			Paula J		
		45mins			60mins		
		Dance Studio			Hall 3		
	YOGA	PILATES	YOGA	PILATES	YOGA	GROUP CYCLE	GROUP CYCLE
10.00	Anne	Roisin	Amy	Roisin	Anne	Nicky	Paula J
10.00	60mins	60mins	60mins	60mins	60mins	45mins	45mins
	Studio 2	Studio 2	Studio 2	Studio 2	Studio 2	Dance Studio	Dance Studio
	AEROBICS (S)	LIVE LONG	AEROBICS (S)	CORE	CORE	PILATES	
10.30	Joy	Colin	Claire	Paula	Paula 20mins	Tracy	
10.30	60mins	120mins	60mins	30mins	30mins	60mins	
	Sports Hall	Sports Hall	Sports Hall	Hall 3	Hall 3	Studio 1	
		PUMP					
		Emma M					
		45mins					
		Hall 3			8 1 1 1 1 1 1	11 11 11 11 11 11	11 11 11 11 11 11

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						HiiT STEP	АТТАСК
10:45						Nicky	Paula J
						30mins	60mins
						Hall 3	<u> </u>
	YOGA	PILATES	YOGA				
11.15	Anne	Roisin	Hazel				
11110	60mins	60mins	60mins				
	Studio 2	Studio 2	Studio 2				1 1 1 1 1
		AQUA FIT		AQUA FIT		ZUMBA	YOGA
11.30		Claire		Chelsea 45 mins		JD 40mins	Anne
		45mins		45mins		60mins Hall 3	60mins
		Main Pool		Main Pool			Studio 2
						PILATES Tracy	
						60mins	
						Studio 2	
	GROUP CYCLE		GROUP CYCLE	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 	GROUP CYCLE	Jiddio 2	
	Virtual		Virtual		Virtual		
12.15	30mins		30mins		30mins		
	Cycle Studio		Cycle Studio		Cycle Studio		
	Cycle diadio		Cycle diadio		Cycle diadic	ZUMBA	
						Karina	
12.45						60mins	
						Hall 3	
						GROUP CYCLE	GROUP CYCLE
10.00						Virtual	Virtual
13.00						30mins	30mins
						Cycle Studio	Cycle Studio
			AQUA FIT				1 1 1 1
14.00			Claire				
			45mins				
			Main Pool		1		
		GROUP CYCLE		GROUP CYCLE			
17.00		Virtual		Virtual			
		30mins		30mins			
		Cycle Studio		Cycle Studio		8 8 8 8 8 8	1 1 1 1

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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	GROUP CYCLE Paula J 45mins Dance Studio	GROUP CYCLE Elaine 30mins Dance Studio	GROUP CYCLE Paula J 45mins Dance Studio	GROUP CYCLE Ruby 45mins Dance Studio		
17.45	Dance Studio PILATES Tracy 60mins Studio 2		COMBAT Paula J 60mins Hall 3		PUMP Tracy 45mins Hall 3		
18.00	GROUP CYCLE June 60mins Dance Studio	HiiT STEP June 30mins Hall 3	GROUP CYCLE Nicky 45mins Dance Studio	PUMP June 30mins Hall 3			
	MORE DANCE (J) (8-12yr olds) Cherie 45mins Training Room	YOGA Hazel 60mins Studio 2					
		MORE MIND* Arlene 60mins Hall 2	<u> </u>	<i>111111</i>	<u> </u>		
18.30	PUMP Emma M 45mins Hall 3	GROUP CYCLE June 45mins Dance Studio	PILATES Tracy 60mins Studio 2	GROUP CYCLE Virtual 45mins Dance Studio			

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PILATES	ATTACK	GROUP CYCLE	YOGA			1 1 1 1 1 1
19.00	Tracy	Paula J	Paula J	Anne			
	60mins	60mins	45mins	60mins			
	Studio 2	Hall 3	Dance Studio	Studio 2			
			PUMP	PUMP			
			Elaine	Jenny			
			60mins	45mins			
			Hall 3	Hall 3			
		YOGA					
19.15		Hazel					
19.10		60mins					
		Studio 2					<i>V V V V V</i>
	GROUP CYCLE	GROUP CYCLE					
19.30	Nikki	Ruby					
19.50	45mins	45mins					
	Dance Studio	Dance Studio					
	COMBAT						
	Naomi						
	60mins						
	Hall 3						<u> </u>
	ZUMBA			ZUMBA			
19.45	Paula J			Paula J			
19.40	60mins			60mins			
	Main Hall			Main Hall			
		ZUMBA	ZUMBA				
20.15		JD	Joy				
		45mins	45mins				
		Hall 3	Hall 3				1 1 1 1

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