

## Monday

6.45am-7.30am	Rig circuit class	Gym floor	Staff
9.15am-10.00am	Shred Circuits	Studio 1	Joanne
10.00am-11.00am	Step Class	Studio 1	Paula
10.00am-11.00am	Jonny G Spin	Spin Studio	Mandy
10.30am-11.30am	50+ Keep Fit	Main Hall	Mandy
11.00am-11.30am	CXWORX	Studio 1	Paula
5.45pm-6.30pm	Body Combat	Studio 1	David
6.00pm-7.00pm	Spinning - Cyclefit	Spin Studio	June
6.00pm-7.00pm	Pilates	Dance Studio	Andrea
6.30pm-7.30pm	Insanity	Studio 1	David
7.00pm-7.45pm	Spinning - Cyclefit	Spin Studio	June
7.30pm-8.15pm	ZUMBA	Main Hall	Paula
7.30pm-8.30pm	Body Pump	Studio 1	David

## Tuesday

6.45am-7.30am	Spinning - Cyclefit	Spin Studio	June
9.15am-10.15am	Body Pump	Studio 1	Jenny
10.15am-11.15am	Jonny G Spin	Spin Studio	Jenny
10.30am-11.30am	Pilates	Studio 1	Roisin
10.30am-11.30am	Pramtastic	V36 Park	Maya
11.30am-12.30pm	Aerobics 50+	Studio 1	Lisa
6.00pm-6.30pm	Core Fit	Studio 1	June
6.30pm-7.30pm	Body Attack	Studio 1	Leah
6.45pm-7.45pm	RPM Indoor Cycling	Spin Studio	June
7.00pm-7.45pm	Rig Class	Gym floor	Staff
7.30pm-8.30pm	Aerobics	Studio 1	Julie D
6.00pm-6.45pm	Aqua Energy begin	Main Pool	Mandy
6.45pm-7.30pm	Aqua Energy adv	Main Pool	Mandy

## Wednesday

6.45am-7.30am	Pump it Up	Studio 1	June
9.30am-10.15am	ZUMBA	Studio 1	Paula
10.30am-11.30am	Tai Bo	Studio 1	Paula
10.30am-11.30am	50+ Keep Fit	Main Hall	Colette
12.30pm-1.15pm	Spin	Spin Studio	June
6.15pm-7.15pm	Jonny G Spin (Adv)	Spin Studio	Nicky
6.30pm-7.30pm	Pilates	Studio 1	Emily
7.30pm-8.30pm	Boxercise	Studio 1	Nicky

## Thursday

6.45am-7.30am	Spinning - Cyclefit	Spin Studio	June
9.15am-10.00am	Shred Circuits	Studio 1	Joanne
10.00am-11.00am	Pilates	Hall 3	Roisin
10.15am-11.15am	Step Class	Studio 1	Lisa
12.00pm-1.00pm	50+ Aqua Aerobics	Main Pool	Lisa
6.15pm-6.45pm	CX WORX New	Studio 1	Paula
6.30pm-7.30pm	Couch to Spin New	Spin Studio	Adrian
7.00pm-7.45pm	Zumba	Main Hall	Paula
7.00pm-8.00pm	Rig Class	Gym floor	Staff
7.30pm-9.30pm	Yoga	Studio 1	Sam

## Friday

6.45am-7.30am	Pump and Core	Studio 1	June
9.15am-10.00am	Shred Circuits	Studio 1	Joanne
9.15am-10.00am	Jonny G Spin	Spin Studio	Nicky
10.00am-11.00am	Boxercise	Studio 1	Nicky
10.30am-11.30am	50+ Keep Fit	Main Hall	Leah
11.00am-11.30am	CXWORX	Studio 1	Paula
12.30pm-1.15pm	Spin	Spin Studio	June
6.00pm-7.00pm	Indoor Cycling	Spin Studio	Mark
6.00pm-6.45pm	Pump it up	Studio 1	June
6.45pm-7.15pm	CoreFit	Studio	June

## Saturday

9.15am-10.15am	Strength & Conditioning	Studio 1	Michael
10.00am-11.00am	Jonny G Spin (Adv)	Spin Studio	Nicky

## Sunday

9.30am-10.30am	Spinning - Cyclefit	Spin Studio	June
10.30am-11.00am	CX Worx	Studio 1	Paula
10.00am-10.45am	Aqua Energy	Main Pool	Mandy
11.30am-12.30pm	Body Pump	Studio 1	Jenny

### **Valley Gym & Health Suite Opening Times**

Monday to Friday: 6.30am-9.45pm

Saturday & Sunday: 9.00am -5.30pm

Book online at [www.antrimandnewtownabbey.go.uk](http://www.antrimandnewtownabbey.go.uk)