

Sixmile Leisure Centre Adult Class Timetable from 29th May 2019

Monday

09.30am-10.30am	Spinning	Spin Studio	Tara
10.00am-10.45am	Easi-fit	Balcony Room	Joanna
10.00am-11.00am	Fit & Active	Sports Hall	Jacquie
10.45am-11.30am	Aquafit	Pool	Hazel
5.00pm-6.00pm	Easyline Circuits	Easyline	Vicki
6.00pm-7.00pm	Spinning	Spin Studio	Jennifer
6.15pm-7.00pm	Kettlebells	Sports Hall	Marty
6.00pm-7.00pm	Easyline Circuits	Easyline	Vicki
6.30pm-7.30pm	Pilates	Function Rm	Averil
7.00pm – 8.00pm	Easyline Circuits	Easyline	Vicki
8.00pm-9.30pm	Ju Jitsu (Chargeable)	Sports Hall	Jim

Tuesday

6.30am-7.15am	Spinning	Spin Studio	Tara
9.30am-10.30am	Step Aerobics	Sports Hall	Paula
10.30am-11.00am	Core/ Ab Attack	Sports Hall	Paula
12.15pm-1.30pm	Lunchtime Yoga	Function Rm	Catherine
6.00pm-6.45pm	Circuits	Sports Hall	Paula
6.00pm-7.00pm	Spinning	Spin Studio	Mark
6.45pm-7.30pm	Ab Attack	Sports Hall	Paula
7.15pm-8.15pm	Step n Hoop	Sports Hall	Jacqui
8.15pm-9.45pm	Ju Jitsu (Chargeable)	Sports Hall	John

Wednesday

09.00am-10.00am	Spinning	Spin Studio	Vicki
12.30pm-13.30pm	Circuits	Sports Hall	Marty
12.30pm-1.45pm	Lunchtime Yoga	Function Rm	Catherine
6.00pm-7.00pm	Pilates	Balcony Rm	Jennifer
6.00pm-7.00pm	Spinning	Spin Studio	Tara
6.30pm-8.00pm	Yoga	Function Rm	Catherine
7.00pm-8.00pm	Pilates	Balcony Rm	Jennifer
8.00pm-9.00pm	Pilates	Function Rm	Jennifer
8.15pm-9.45pm	Yoga	Function Rm	Catherine

Thursday

10.00am-11.00am	Fit & Active	Sports Hall	Jacquie
6.00pm – 7.00pm	Easyline Circuits	Easyline	Paula
7.00pm - 8.00pm	Easyline Circuits	Easyline	Paula
6.00pm-7.00pm	Spinning	Spin Studio	Tara
6.00pm-6.45pm	Circuits	Sports Hall	Michelle
6.30pm-8.00pm	Yoga	Function Rm	Mandy
6.45pm-7.30pm	Circuits	Sports Hall	Michelle
7.00pm – 8.00pm	Boxercise	Balcony Rm	Jennifer
8.15pm – 9.00pm	Aquafit	Pool	Hazel
8.15pm – 9.45pm	Yoga	Function Rm	Mandy

Friday

09.00am-10.00am	Spinning	Spin Studio	Vicki
09.30am-10.15am	Step n Hoop	Sports Hall	Jacquie
10.30am-12.00pm	Yoga	Function Rm	Catherine
5.00pm-6.00pm	Spinning	Spin Studio	Stephen
6.00pm-7.00pm	Spinning	Spin Studio	Jennifer
6.00pm-6.45pm	Kettlebells	Sports Hall	Marty

Saturday

10.30am-11.30am	Spinning	Spin Studio	Mark
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Sunday

10.30am-11.30pm	Spinning	Spin Studio	Natalie
11.40am-12.30pm	Core and Sculpt	Balcony Room	Natalie

GYM & HEALTH SUITE OPENING TIMES

Monday to Friday: 6:30am – 9.45pm
Saturday: 9.00am – 5.45pm Sunday: 10.00am – 5.45pm

Classes - Book up to a week in advance

Contact reception on 93 341818 for more details
Book online: www.antrimandnewtownabbey.gov.uk
(Classes subject to change)