

ANTRIM FORUM LEISURE CENTRE - Valid from Monday 21st January 2019

FITNESS CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Armageddon			7.00pm – 7.45pm				10.30–11.15am
Aqua-Exercise				7.30pm – 8.15pm			
Body Blitz		5.30pm – 6.15pm					
Box-a-cise		6.45pm – 7.30pm					
Circuits		12.30pm – 1.15pm	6.30am - 7.15am				
Family Circuits**			6pm – 6.45pm				
Core Conditioning					7.15am – 8am		
Kettlebells	6.30am – 7.15am 6.45pm – 7.30pm	9.30am – 10.15am	5.30pm – 6.15pm 6.30pm – 7.15pm	7.30pm – 8.15pm	9.30am - 10.15am	10.45–11.30am	9.15am – 10am
Kettlebells Beginner					7pm – 7.45pm		
H.I.I.T. & Kettlebells				12.30pm – 1.15pm			
Mindful Meditation	10.45am – 11.30am			10.45am – 11.30am			
PACE Family **	6pm – 6.45pm						
PACE Running 16+	7pm – 8pm	10am – 11am	7pm – 8pm				
Pilates	5.30pm – 6.30pm	6.30pm – 7.30pm*	10.45am - 11.45am 7.30pm – 8.30pm	9.30am – 10.30am	5.45pm – 6.45pm		
Pump It	7.45pm – 8.30pm			5.30pm – 6.15pm 6.30pm – 7.15pm			
Spin	12.30pm – 1.15pm 6pm – 6.45pm	7.15am – 8am 8pm – 8.45pm	7.15am – 8am 12.30pm – 1.15pm 6pm – 6.45pm	7.15am – 8am 7.30pm – 8.15pm	6.30am – 7.15am 12.30pm – 1.15pm	11-11.45am	
Spin Beginners	7pm – 7.45pm						
Spin & Sculpt	7.15am – 8am	9.30am - 10.15am		9.30am – 10.15pm	5.15pm – 6pm		
Urban Rebound	8.45am – 9.30am 9.45am – 10.30am		9.30am – 10.15am Urban Sculpt		8pm – 8.45pm		
Yoga		6.30 – 7.30pm 8pm – 9pm Power Yoga		6pm – 7pm Beginners Yoga			
Dance Fit		10.45am – 11.30am					
15:15:15							11.30–12.15pm
Nia Dance						11.45–12.30pm <i>2nd Feb start</i>	
Zumba				8.30pm – 9.15pm <i>21st Feb start</i>			

*Externally run class not included in membership package

**Family classes – Age limits & Terms and Conditions apply