

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30	<b>INDOOR CYCLE</b> Dee 45mins Sports Hall	<b>INDOOR CYCLE</b> Ryan 45mins Sports Hall	<b>STEP</b> Dee 45mins Sports Hall	<b>KETTLEBELLS</b> Dee 45mins Sports Hall	<b>INDOOR CYCLE</b> Dee 45mins Sports Hall		
09.30	<b>PUMP</b> Victoria 60mins Sports Hall	<b>PUMP</b> Victoria 60mins Sports Hall	<b>ZUMBA</b> Karina 60mins Sports Hall	<b>ATTACK</b> Jo Ann 60mins Sports Hall	<b>KETTLEBELLS</b> Jo Ann 45mins Sports Hall	<b>KETTLEBELLS</b> Joanne 45mins Sports Hall	<b>KETTLEBELLS</b> Dee 45mins Sports Hall
10.45			<b>AEROBICS (S)</b> Wendy 60mins Sports Hall	<b>YOGA</b> Nicki 60mins Dance Studio	<b>PILATES</b> Jo Ann 60mins Sports Hall	<b>COMBAT</b> Joanne 60mins Sports Hall	<b>INDOOR CYCLE</b> Dee 45mins Sports Hall
11.00	<b>PILATES</b> Maria 60mins Sports Hall	<b>PILATES</b> Maria 60mins Sports Hall					
12.00						<b>PILATES</b> Jo Ann 60mins Sports Hall	
12.30	<b>INDOOR CYCLE</b> Ryan 45mins Sports Hall						
12.45							<b>TAI CHI</b> Changhai Zhu 60mins Sports Hall
17.00			<b>ZUMBA</b> Karina 45mins Sports Hall	<b>PUMP</b> Victoria 45mins Sports Hall			

# ANTRIM FORUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.15	<b>Hiit STRENGTH</b> Stephen 30mins Sports Hall	<b>Hiit CARDIO</b> Paula R 30mins Sports Hall			<b>Hiit CARDIO</b> Stephen 30mins Sports Hall		
18.00	<b>INDOOR CYCLE</b> Stephen 45mins Sports Hall	<b>INDOOR CYCLE</b> Paula R 45mins Sports Hall	<b>Hiit STRENGTH</b> Stephen 30mins Sports Hall	<b>INDOOR CYCLE</b> Mark 45mins Sports Hall	<b>PUMP</b> Stephen 45mins Sports Hall		
18.45		<b>YOGA</b> Nicki 60mins Dance Studio	<b>INDOOR CYCLE</b> Stephen 45mins Sports Hall	<b>YOGA</b> Catherine 60mins Dance Studio	<b>YOGA</b> Nicki 60mins Dance Studio		
19.00	<b>ZUMBA</b> Karina 60mins Sports Hall	<b>PUMP</b> Victoria 60mins Sports Hall	<b>PILATES</b> Gemma 60mins Dance Studio	<b>ZUMBA</b> Jenny 60mins Sports Hall			
19.15					<b>ATTACK</b> Elaine 60mins Sports Hall		
19:45			<b>ATTACK</b> Paula R 60mins Sports Hall				

## 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