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| Monday |  |  |  |  | Thursday |  |  |  |
| 09.00am-10.00am | Spinning | Sports Hall | Tara |  | 06.30-7.15am | Spinning | Sports Hall | Tara |
| 10.00am-10.45am | Easi-fit | Balcony Room | Joanna |  | 10.00am-11.00am | Fit & Active (2 Courts) | Sports Hall | Jacquie |
| 10.00am-11.00am | Fit & Active (Aerobics) | Sports Hall | Jacquie |  | 11.00am-12.00 | Bowls and Table T | Sports Hall |  |
| 11.00am-12.00 | Bowls and Table T | Sports Hall |  |  | 5.00pm – 6.00pm | Low Impact Circuits | Riverside Rm | Paula |
| 10.45am-11.30am | Aquafit | Pool | Hazel |  | 6.00pm-6.45pm | Circuits | Sports Hall | Michelle |
| 5.00pm-6.00pm | Low Impact Circuits | Riverside Rm | Vicki |  | 6.00pm-7.00pm | Low Impact Circuits | Riverside Rm | Paula |
| 7.00pm-8.00pm | Spinning | Sports Hall | Jennifer |  | 6.30pm-8.00pm | Yoga | Balcony Rm | Mandy |
| 6.15pm-7.00pm | Kettlebells | Sports Hall | Marty |  | 6.45pm-7.30pm | Circuits | Sports Hall | Michelle |
| 6.00pm-7.00pm | Low Impact Circuits | Riverside Rm | Vicki |  | 7.00pm-8.00pm | Boxercise | Riverside Rm | Jennifer |
| 6.30pm-7.30pm | Pilates | Balcony Room | Averil |  | 8.15pm – 9.00pm | Aquafit | Pool | Hazel |
| 7.00pm-8.00pm | Low Impact Circuits | Riverside Rm | Vicki |  | 8.15pm – 9.45pm | Yoga | Balcony Rm | Mandy |
| 8.00pm-9.30pm | Ju Jitsu (Chargeable) | Sports Hall | Jim |  | Friday |  |  |  |
|  |  |  |  |  | 09.00am-10.00am | Spinning | Riverside | Vicki |
| Tuesday |  |  |  |  | 09.30am-10.15am | Step n Hoop | Sports Hall | Jacquie |
| 06.30am-7.15am | Spinning | Sports Hall | Tara |  | 10.30am-12.00pm | Yoga | Balcony Rm | Catherine |
| 9.30am-10.30am | Step Aerobics | Sports Hall | Paula |  | 5.00pm-6.00pm | Spinning | Riverside | Stephen |
| 10.30am-11.00am | Core/ Ab Attack | Sports Hall | Paula |  | 6.00pm-7.00pm | Spinning | Riverside | Jennifer |
| 12.15pm-1.30pm | Lunchtime Yoga | Riverside Rm | Catherine |  | 6.00pm-6.45pm | Kettlebells | Sports Hall | Marty |
| 6.00pm-6.45pm | Circuits | Sports Hall | Paula |  |  |  |  |  |
| 6.00pm-7.00pm | Spinning | Riverside Rm | Mark |  | Saturday |  |  |  |
| 6.45pm-7.30pm | Ab Attack | Balcony Rm | Paula |  | 10.30am-11.30am | Spinning | Riverside | Mark |
| 7.15pm-8.15pm | Step n Tone | Sports Hall | Jacqui |  |  |  |  |  |
| 8.15pm-9.45pm | Ju Jitsu (Chargeable) | Sports Hall | John |  | Sunday |  |  |  |
|  |  |  |  |  | 10.30am-11.30pm | Spinning | Riverside | Natalie |
| Wednesday |  |  |  |  | 11.40am–12.30pm | Core and Sculpt | Sports Hall | Natalie |
| 09.00am-10.00am | Spinning | Sports Hall | Vicki |  |  | **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**](http://www.antrimandnewtownabbey.gov.uk)  **(Classes subject to change)** |  |  |
| 12.30pm-13.30pm | Circuits | Sports Hall | Marty |  |  |  |  |  |
| 12.30pm-1.45pm | Lunchtime Yoga | Riverside Rm | Catherine |  |  |  |  |  |
| 6.00pm-7.00pm | Pilates | Balcony Rm | Jennifer |  |  |  |  |  |
| 6.00pm-7.00pm | Spinning | Sports Hall | Tara |  |  |  |  |  |
| 6.30pm-8.00pm | Yoga | Riverside Rm | Catherine |  |  |  |  |  |
| 7.00pm-8.00pm | Pilates | Balcony Rm | Jennifer |  |  |  |  |  |
| 8.00pm-9.00pm | Pilates | Balcony Rm | Jennifer |  |  |  |  |  |
| 8.15pm-9.45pm | Yoga | Riverside Rm | Catherine |  |  |  |  |  |
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