

# Fitness Classes

## Summer 2024



Time	Class Name	Instructor	Cost
<b>Monday</b>			
6.30am - 7.15am	Spin	Rory	£4.00
10am - 10.45am	Circuits	Chris	£4.00
10am - 10.45am	Yoga	Ellen	£4.00
6pm - 6.45pm	Studio Cycling	Mickey	£4.00
7pm - 8pm	Swimfit	Shauna M	£4.00
7.45pm - 8.30pm	Pilates	Janette	£4.00
8pm - 8.45pm	Aqua Aerobics	Alex	£4.00
<b>Tuesday</b>			
6.30am - 7.15am	Circuits	Rory	£4.00
6.45am - 7.30am	Yoga	Heather	£4.00
9.30am - 10.15am	Beginners' Studio Cycling	Shauna C	£4.00
10am - 10.45am	Breath Work	Janet	£4.00
1pm - 1.45pm	Studio Cycling	Anthony	£4.00
6pm - 6.45pm	Studio Cycling	Mickey	£4.00
7pm - 7.45pm	Core Conditioning	Mickey	£4.00
<b>Wednesday</b>			
6.30am - 7.15am	Studio Cycling	Mickey	£4.00
10am - 10.45am	Circuits	Chris	£4.00
1pm - 1.45pm	Studio Cycling	Rory	£4.00
6pm - 7pm	Power 60	Mickey	£4.00
6.15pm - 7pm	Dance Fitness	Teresa	£4.00
7pm - 7.45pm	Pilates	Brenda	£4.00
<b>Thursday</b>			
6.30am - 7.15am	Circuits	Rory	£4.00
10am - 10.45am	Aquarobics	Alex	£4.00
10am - 10.45am	Studio Cycling	Ryan	£4.00
5.45pm - 6.30pm	Yoga	Ellen	£4.00
7pm - 7.45pm	Circuits	Chris	£4.00
7.30pm - 8.15pm	Dance Fitness	Teresa	£4.00
<b>Friday</b>			
6.30am - 7.15am	Studio Cycling	Rory	£4.00
6pm - 6.45pm	Total Body workout	Mickey	£4.00
<b>Saturday</b>			
10am - 10.45am	Studio Cycling	Mickey	£4.00
<b>Sunday</b>			
10am - 10.45am	Studio Cycling	Mickey	£4.00
10am - 10.45am	Pilates	Brenda	£4.00

Templemore Sports Complex  
 Buncrana Road  
 Derry, BT48 8LA  
 T: (028) 7137 6585  
 E: templemore@derrystrabane.com

[derrystrabane.com/leisure](http://derrystrabane.com/leisure)