

# Fitness Class

## Summer Programme



**Brooke Park**  
Leisure & Sports Centre

Time	Class Name	Cost	Room
<b>Monday</b>			
10am	Yoga	£4.00	Activity Room
10am	BP45	£4.00	Studio
12.30pm	Studio Cycling	£4.00	Studio
6pm	BP45	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
<b>Tuesday</b>			
10am	BP45	£4.00	Studio
12.15pm	Breathwork	£4.00	Activity Room
6pm	Studio Cycling	£4.00	Studio
6pm	Beginners' Pilates	£4.00	Activity Room
<b>Wednesday</b>			
10am	BP45	£4.00	Studio
10am	Pilates	£4.00	Activity Room
12.30pm	Yoga	£4.00	Activity Room
12.30pm	Studio Cycling	£4.00	Studio
6pm	Kids' Disco	£4.00	Activity Room
6pm	BP45	£4.00	Studio
<b>Thursday</b>			
10am	BP45	£4.00	Studio
6pm	Studio Cycling	£4.00	Studio
7pm	Yoga	£4.00	Activity Room
<b>Friday</b>			
10am	BP45	£4.00	Studio
10am	Yoga	£4.00	Activity Room
<b>Saturday</b>			
10am	Studio Cycling	£4.00	Studio
11.15am	Full Body Workout	£4.00	Studio

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