

# Fitness Class

## Winter Programme 2026 (Jan-Easter)



Brooke Park  
Leisure & Sports Centre

| Class Name               | Time    | Price | Location      |
|--------------------------|---------|-------|---------------|
| <b>M o n d a y</b>       |         |       |               |
| Yoga                     | 10am    | £4.00 | Activity Room |
| Circuits                 | 10am    | £4.00 | Studio        |
| Circuits                 | 6pm     | £4.00 | Studio        |
| Badminton                | 8pm     | £4.00 | Main Hall     |
| <b>T u e s d a y</b>     |         |       |               |
| Boxercise                | 10am    | £4.00 | Studio        |
| Breathworks              | 12.15pm | £4.00 | Studio        |
| Teen Gym (12 – 15 yrs)   | 4pm     | £2.00 | Gym           |
| Studio Cycling           | 6pm     | £4.00 | Studio        |
| Pilates                  | 6pm     | £4.00 | Activity Room |
| Upper Body Workout       | 7pm     | £4.00 | Studio        |
| <b>W e d n e s d a y</b> |         |       |               |
| Circuits                 | 10am    | £4.00 | Studio        |
| Pilates                  | 10am    | £4.00 | Activity Room |
| Yoga                     | 12.30pm | £4.00 | Activity Room |
| Kids Disco Dance         | 6pm     | £4.00 | Activity Room |
| Legs & Glutes            | 6pm     | £4.00 | Studio        |
| Badminton                | 8pm     | £4.00 | Main Hall     |
| <b>T h u r s d a y</b>   |         |       |               |
| Circuits                 | 10am    | £4.00 | Studio        |
| Teen Gym (12 – 15 yrs)   | 4pm     | £2.00 | Gym           |
| Studio Cycling           | 6pm     | £4.00 | Studio        |
| Yoga                     | 7pm     | £4.00 | Activity Room |
| <b>F r i d a y</b>       |         |       |               |
| Legs & Glutes            | 10am    | £4.00 | Studio        |
| Yoga                     | 10am    | £4.00 | Activity Room |
| Mindful Moments          | 12.30pm | £4.00 | Studio        |
| <b>S a t u r d a y</b>   |         |       |               |
| Full Body Workout        | 10am    | £4.00 | Studio        |
| <b>S u n d a y</b>       |         |       |               |
| Teen Gym (12 – 15 yrs)   | 3pm     | £2.00 | Gym           |

NEW!

Brooke Park Leisure & Sports Centre

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