Fitness Classes Bishop's Field 2025

Time	Class Name	Cost	Room	
	Monday	Mondaycise£4.00Main HallWorkout£4.00Main HallTuesdaytness£4.00Main Hallmbat£4.00Main HallFriday		
5pm	Boxercise	£4.00	Main Hall	
6pm	Total Body Workout	£4.00	Main Hall	
	Boxercise£4.00Main HallTotal Body Workout£4.00Main HallTuesdayDance Fitness£4.00Main HallBody Combat£4.00Main HallFriday			
7pm	Dance Fitness	£4.00	Main Hall	
8pm	Body Combat	£4.00	Main Hall	
12pm	Bodytone	£4.00	Main Hall	
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Derry, BT48 9QG T: (028) 7137 2194

derrystrabane.com/leisure