

Fitness Classes 2025



Time	Class Name	Cost	Room
Monday			
5pm	Boxercise	£4.00	Main Hall
6pm	Total Body Workout	£4.00	Main Hall
Tuesday			
7pm	Dance Fitness	£4.00	Main Hall
8pm	Body Combat	£4.00	Main Hall
Friday			
12pm	Bodytone	£4.00	Main Hall



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derrystrabane.com/leisure