

Fitness Classes

July & August 2024



Derg Valley
Leisure Centre

Get Set for Summer

Swim • Gym • Relax

Pay **£35**
for July.
Get August
FREE

Time	Class Name	Location	Cost
Monday			
6pm ~ 6.45pm	Studio Cycling	Activity Room	£4.00
7pm ~ 7.45pm	Kettlecore	Studio	£4.00
6pm ~ 6.45pm <i>*Starts 12.8.24 for 4 weeks</i>	Yoga	Studio	£4.00
7pm ~ 7.45pm	BOXFit	Main Hall	£4.00
8pm ~ 8.45pm	ZUMBA	Main Hall	£4.00
Tuesday			
11am ~ 1pm	Indoor Bowls	Main Hall	£1.00
6pm ~ 6.45pm	BodyShock	Main Hall	£4.00
7pm ~ 7.45pm	mFIT	Main Hall	£4.00
7pm ~ 7.45pm	Yoga	Studio	£4.00
8pm ~ 8.45pm	Pilates	Studio	£4.00
Wednesday			
10.15am ~ 11am	Yoga	Studio	£4.00
11.15am ~ 12noon	Pilates	Studio	£4.00
6pm ~ 6.30pm	HIIT 30	Main Hall	£4.00
7pm ~ 7.45pm	KettleCore	Studio	£4.00
7.15pm ~ 8.15pm	Junior Karate	Main Hall	£3.00
8.15pm ~ 9.45pm	Senior Karate	Main Hall	£4.00
Thursday			
6pm ~ 6.45pm	BodyShock	Main Hall	£4.00
6pm ~ 6.45pm	Studio Cycling	Activity Room	£4.00
7pm ~ 7.45pm	mFIT	Main Hall	£4.00
Friday			
6.30pm ~ 7.15pm	Restorative Yoga	Studio	£4.00
Saturday			
11am ~ 11.45am	mFIT	Main Hall	£4.00

*Centre closed Friday 12th July, Monday 5th August
and Tuesday 6th August

Derg Valley Leisure Centre
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