Fitness Classes
Autumn 2026

Templemore Sports Complex

Time	Class Name	Cost
Monday		
6.30am - 7.15am	Studio Cycling	£4.00
10am - 10.45am	Circuits	£4.00
10am - 10.45am	Yoga	£4.00
6pm - 6.45pm	Studio Cycling	£4.00
7pm - 7.45pm	Pilates	£4.00
7pm - 7.45pm	Aqua Aerobics	£4.00
Tuesday		
6.45am - 7.30am	Yoga	£4.00
10am - 10.45am	Body Tone	£4.00
12pm - 12.45am	Pilates	£4.00
1pm - 1.45pm	Studio Cycling	£4.00
6pm - 6.45pm	Studio Cycling	£4.00
Wednesday		
6.30am - 7.15am	Studio Cycling	£4.00
10am - 10.45am	Circuits	£4.00
6pm - 7pm	Power60	£4.00
6.15pm - 7pm	Dance Fitness	£4.00
Thursday		
10am - 10.45am	Aqua Aerobics	£4.00
5.45pm - 6.30pm	Yoga	£4.00
6pm - 6.45pm	Beginners Studio Cycling	£4.00
7pm - 7.45pm	Circuits	£4.00
7pm - 7.45pm	Swim Fit	£4.00
Friday		
6.30am - 7.15am	Studio Cycling	£4.00
10am - 10.45am	Legs & Glutes	£4.00
5.45pm - 6.30pm	Pilates	£4.00
6pm - 6.45pm	Total Body Workout	£4.00
Saturday		
9am - 9.45pm	Legs & Glutes	£4.00
10am - 10.45pm	Studio Cycling	£4.00
Sunday		
10am - 10.45am	Pilates	£4.00
10am - 10.45am	Studio Cycling	£4.00

WELLNESS FITNESS AQUATIC

Templemore Sports Complex
Buncrana Road, Derry, BT48 8LA
T: (028) 7137 6585
E: templemore@derrystrabane.com

derrystrabane.com/leisure