Fitness Classes
Autumn 2026

Brooke Park
Leisure & Sports Centre

Time	Class Name	Cost	Room
Monday			
10am	Yoga	£4.00	Activity Room
10am	Circuits	£4.00	Studio
6pm	Circuits	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
Tuesday			
10am	Boxercise	£4.00	Studio
10am	Pilates	£4.00	Activity Room
12.15pm	Breathwork	£4.00	Activity Room
4pm	Teen Gym (12-15 years)	£2.00	Gym
6pm	Studio Cycling	£4.00	Studio
7pm	Upper Body Workout	£4.00	Studio
Wednesday			
10am	Circuits	£4.00	Studio
10am	Pilates	£4.00	Activity Room
12.30pm	Yoga	£4.00	Activity Room
6pm	Kids' Disco Dancing	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
Thursday			
10am	Circuits	£4.00	Studio
4pm	Teen Gym (12-15 years)	£2.00	Gym
6pm	Strength & Mobility	£4.00	Activity Room
7pm	Yoga	£4.00	Activity Room
Friday			
10am	Circuits	£4.00	Studio
10am	Yoga	£4.00	Activity Room
Saturday			
10am	Full Body Workout	£4.00	Studio
Sunday			
3pm	Teen Gym (12-15 years)	£2.00	Gym

WELLNESS FITNESS

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derrystrabane.com/leisure