

Fitness Classes

Winter 2026



Derg Valley
Leisure Centre

TIME	CLASS NAME	COST	LOCATION
Monday			
3.30pm - 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm - 6.45pm	Studio Cycling	£4	Activity Room
7pm - 7.45pm	KettleCore	£4	Studio
7pm - 7.45pm	Box-Fit	£4	Main Hall
Tuesday			
2pm - 4pm	Indoor Bowls	£1	Main Hall
3.30pm - 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm - 6.45pm	Body SHOCK	£4	Main Hall
7pm - 7.45pm	FitCamp	£4	Main Hall
6pm - 6.45pm	Pilates	£4	Studio
7pm - 7.45pm	Yoga	£4	Studio
Wednesday			
11am - 11.45am	Yoga	£4	Studio
12pm - 12.45pm	Pilates	£4	Studio
3.30pm - 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm - 6.30pm	HIIT 30	£4	Main Hall
7pm - 7.45pm	KettleCore	£4	Studio
7.15pm - 8.15pm	Junior Karate	£3	Main Hall
8.15pm - 9.45pm	Senior Karate	£4	Main Hall
Thursday			
3.30pm - 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm - 6.45pm	AB-Solution	£4	Main Hall
6pm - 6.45pm	Restorative Yoga	£4	Studio
6.30pm - 7.15pm	Studio Cycling	£4	Activity Room
7pm - 7.45pm	FitCamp	£4	Main Hall
Friday			
3.30pm - 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
4pm - 4.45pm	Kids Athletics (5-7 yrs)	£20 *	Main Hall
4.45pm - 5.45pm	Kids Athletics (8-13 yrs)	£20 *	Main Hall
Saturday			
10am - 10.45am	Yoga	£4	Studio
10am - 10.45am	Studio Cycling	£4	Activity Hall
11am - 11.45am	AB-Solution	£4	Main Hall
11am - 11.45am	Pilates	£4	Studio
12pm - 2pm	Teen Gym (12-15 yrs)	£2	Gym
Sunday			
12.30pm - 4.30pm	Teen Gym (12-15 yrs)	£2	Gym