

Fitness Class Winter Programme



Derg Valley
Leisure Centre

Time	Class Name	Cost
Monday		
6pm - 6.45pm	Studio Cycling	£4.00
7pm - 7.45pm	KettleCore	£4.00
7pm - 7.45pm	BoxFit	£4.00
Tuesday		
11am - 1pm	Indoor Bowls	£1.00
6pm - 6.45pm	Studio Cycling NEW	£4.00
6pm - 6.45pm	Body SHOCK	£4.00
7pm - 7.45pm	mFIT NEW	£4.00
7pm - 7.45pm	Yoga	£4.00
8pm - 8.45pm	Pilates	£4.00
Wednesday		
10.15am - 11am	Yoga	£4.00
11.15am - 12noon	Pilates	£4.00
7.15pm - 8.15pm	Junior Karate (6yrs)	£4.00
8.15pm - 9.45pm	Senior Karate	£4.00
6.30pm - 7pm	HIIT 30 NEW	£4.00
7pm - 7.45pm	KettleCore	£4.00
Thursday		
6.30am - 7.15am	Studio Cycling NEW	£4.00
6pm - 6.45pm	Body SHOCK	£4.00
6.30pm - 7pm	HIIT30	£4.00
7pm - 7.45pm	Studio Cycling	£4.00
7pm - 7.45pm	mFIT NEW	£4.00
Friday		
3.45pm - 4.30pm	Kids Athletics (5 - 8years) *	£16.00 (8 week block)
4.30pm - 5.15pm	Kids Athletics (5 - 8years) *	£16.00 (8 week block)
5.15pm - 6pm	Kids Athletics (9 - 13yrs) *	£16.00 (8 week block)
6pm - 6.45pm	Restorative Yoga NEW	£4.00
Saturday		
10am - 10.45am	Studio Cycling	£4.00
11am - 11.45am	mFIT NEW	£4.00

*Kids' Athletics starts 12th January 2024

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