

# Fitness Class

## Winter Programme



Time	Class Name	Cost
<b>Monday</b>		
10am - 11am	Aqua Aerobics	£4.00
<b>Tuesday</b>		
12.30pm - 1.30pm	Yoga	£4.00
<b>Wednesday</b>		
8.00pm - 9.00pm	Aqua Aerobics	£4.00
<b>Thursday</b>		
12.30pm - 1.30pm	Yoga	£4.00
<b>Friday</b>		
10am - 11am	Breathwork	£4.00



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[derrystrabane.com/leisure](http://derrystrabane.com/leisure)