

# Fitness Class Programme

## Spring 2024

Effective from 3rd April unless stated otherwise



Monday			
Time	Class Name	Cost	Location
9am - 9.45am	Yoga	£4	Multi Functional Room
9.15am - 10am	Aquafit	£4	Main Pool
12.45pm - 1.30pm	Step it up	£4	Main Hall
6pm - 6.45pm	Studio Cycling	£4	Spin Studio
6pm - 6.45pm	Yoga	£4	Multi Functional Room
7pm - 7.45pm	Bars & Bells	£4	Main Hall
8pm - 8.45pm	Breath Work	£4	Multi Functional Room
8pm - 8.45pm	Aquafit <b>NEW</b>	£4	Main Pool
Tuesday			
9.15am - 10am	Aquafit	£4	Main Pool
10.30am - 11.15am	Fit 50 + Club	£2	Main Hall
12.30pm - 1.15pm	Yoga	£4	Multi Functional Room
6pm - 6.45pm	Yoga	£4	Multi Functional Room
6.30pm - 7.15pm	Studio Cycling	£4	Spin Studio
7pm - 7.45pm	Zumba	£4	Main Hall
Wednesday			
6.30am - 7.15am	Studio Cycling	£4	Spin Studio
9.15am - 10am	Aquafit	£4	Main Pool
9.45am - 10.30am	Rebounding circuits	£4	Main Hall
10.30am - 11.15am	Yoga	£4	Multi Functional Room
6.45pm - 7.30pm	Yoga	£4	Multi Functional Room
6pm - 6.45pm	Studio Cycling	£4	Spin Studio
7pm - 7.45pm	Core Conditioning	£4	Main Hall
8pm - 8.45pm	Breath Work	£4	Multi Functional Room
8.15pm - 9pm	Swimfit	£4	Main Pool
Thursday			
9.15am - 10am	Aquafit	£4	Main Pool
10.30am - 11.15am	Fit 50+ Club	£2	Main Hall
12.30pm - 1.15pm	Restorative Yoga <b>NEW</b>	£4	Multi Functional Room
6pm - 6.45pm	Circuits	£4	Main Hall
7pm - 7.45pm	Zumba	£4	Main Hall
6.30pm - 7.15pm	Studio Cycling <b>NEW</b>	£4	Spin Studio
7pm - 7.45pm	Yoga	£4	Multi Functional Room
7.30pm - 8.15pm	Studio Cycling	£4	Spin studio
8pm - 8.45pm	Aquafit <b>NEW</b>	£4	Main Pool
Friday			
6.30am - 7.15am	Circuits	£4	Main Hall
9.15am - 10am	Aquafit	£4	Main Pool
10.30am - 11.15am	Restorative Yoga <b>NEW</b>	£4	Multi Functional Room
6pm - 6.45pm	Yoga	£4	Multi Functional Room
Saturday			
9am - 9.45am	Circuits	£4	Main Hall

Riversdale Leisure Centre  
 Lisnafin Park, Strabane  
 T: 028 71382 672  
 E: riversdale.reception@derrystrabane.com

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