

Fitness Class Winter Programme



Riversdale
Leisure Centre

Time	Class Name	Cost
Monday		
9am - 9.45am	Yoga	£4.00
9.15am - 10am	Aquafit	£4.00
12.45pm - 1.30pm	Step it up	£4.00
6pm - 6.45pm	Studio Cycling	£4.00
6pm - 6.45pm	Yoga	£4.00
7pm - 7.45pm	Bars & Bells	£4.00
8pm - 8.45pm	Breath Work	£4.00
8pm - 8.45pm	Swimfit	£4.00
Tuesday		
9.15am - 10am	Aquafit	£4.00
10.30am - 11.15am	Fit 50+ Club	£2.00
12.30pm - 1.15pm	Yoga	£4.00
6pm - 6.45pm	Yoga	£4.00
6.30pm - 7.15pm	Studio Cycling	£4.00
7pm - 7.45pm	Zumba	£4.00
Wednesday		
6.30am - 7.15am	Studio Cycling	£4.00
9.15am - 10am	Aquafit	£4.00
9.45am - 10.30am	Rebounding circuits	£4.00
10.30am - 11.15am	Yoga	£4.00
6pm - 6.45pm	Yoga	£4.00
6pm - 6.45pm	Studio Cycling	£4.00
7pm - 7.45pm	Core Conditioning	£4.00
8pm - 8.45pm	Breath Work	£4.00
8pm - 8.45pm	Swimfit	£4.00
Thursday		
9.15am - 10am	Aquafit	£4.00
10.30am - 11.15am	Fit 50+ Club	£2.00
12.30pm - 1.15pm	Breath Work	£4.00
6pm - 6.45pm	Circuits	£4.00
7pm - 7.45pm	Zumba	£4.00
7.30pm - 8.15pm	Studio Cycling	£4.00
Friday		
6.30am - 7.15am	Circuits	£4.00
9.15am - 10am	Aquafit	£4.00
6pm - 6.45pm	Yoga	£4.00
Saturday		
9am - 9.45am	Circuits	£4.00

Riversdale Leisure Centre
Lisnafin Park
Strabane
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Effective from 8th January 2024 unless stated otherwise

derrystrabane.com/leisure