**Down Leisure Centre Fitness Classes**

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| **Day** | **Class** | **Time** |
| **Monday** | Yoga | 6.45am - 7.30am |
|  | Spinning Indoor Cycling | 6.45am - 7.30am |
|  | Spinning Indoor Cycling | 5.30pm - 6.15pm |
| **Tuesday** | Body Sculpt | 10.15am - 11.00am |
|  | Cardio Intervals | 11.15am - 12.00pm |
|  | Express Spin Indoor Cycling | 12.30pm - 1.05pm |
| **Wednesday** | Spinning Indoor Cycling | 6.45am - 7.30am |
|  | Spinning Indoor Cycling | 7.30pm - 8.15pm |
|  | Yoga | 7.00pm - 7.45pm |
|  | Yoga | 8.00pm - 8.45pm |
| **Thursday** | Body Sculpt | 10.15am - 11.00am |
|  | Cardio Intervals | 11.15am - 12.00pm |
|  | Express Spin Indoor Cycling | 12.30pm - 1.05pm |
|  | Spinning Indoor Cycling | 5.30pm - 6.15pm |
| **Friday** | Spinning Indoor Cycling | 6.45am - 7.30am |
|  | Yoga | 1.00pm - 1.45pm |
|  | Spinning Indoor Cycling | 5.30pm - 6.15pm |
| **Saturday** | Spin Cycling & Core/Abs | 9.15am - 10.00am |

Cost £5.90 per class or included in Platinum all-inclusive membership. Class timetable is Illustrative only and subject to change.