



Down Leisure Centre Fitness Class Timetable

Monday

Spin Indoor Cycling	6.45am – 7.30am
Pilates	12.30pm – 1.15pm
Pilates	1.30pm – 2.15pm

Tuesday

Body Sculpt	10.15am – 11.00am
Cardio Box	11.15am – 12.00pm
Express Spin Indoor Cycling	12.30pm – 1.05pm
Bootcamp	6.15pm – 7.00pm
Hllt	7.15pm – 8.00pm

Wednesday

Spin Indoor Cycling	6.45am – 7.30am
Spin Indoor Cycling	6.30pm – 7.15pm
Yoga	6.30pm – 7.15pm
Spin Indoor Cycling	7.30pm – 8.15pm
Yoga	7.30pm – 8.15pm

Thursday

Body Sculpt	10.15am – 11.00am
Cardio Intervals	11.15am – 12.00pm
Express Spin Indoor Cycling	12.30pm – 1.05pm
Bootcamp	6.00pm – 6.45pm
Hllt	7.00pm – 7.45pm

Friday

Spin Indoor Cycling	6.45am – 7.30am
Yoga	1.00pm – 1.45pm
Pilates	6.00pm – 6.45pm
Pilates	7.00pm – 7.45pm

Saturday

Spin Indoor Cycling & Core/Abs	9.15am – 10.00am
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Non-members £5.90 per class or included with Platinum All-inclusive Membership

- * Please book in advance at reception or online via the NMD Be Active App
- * Class programme subject to change
- * Please arrive at least 5 minutes before your class and swipe in or make Reception Staff aware of your arrival.
- * Ensure you have appropriate clothing and footwear and make sure to bring along water to hydrate.

