

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
Yoga	5.00pm - 5.45pm
Yoga	6.00pm - 6.45pm
Bootcamp	6.00pm – 6.45pm
Strength and Conditioning	7.00pm – 7.45pm

Wednesday

Spin Indoor Cycling	6.45am – 7.30am
Spin Indoor Cycling	6.30pm – 7.15pm
Yoga	7.30pm – 8.15pm
Spin Indoor Cycling	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
Strength and Conditioning	7.00pm – 7.45pm

Friday

Spin Indoor Cycling	6.45am – 7.30am
Yoga	1.00pm – 1.45pm

Saturday

Spin Indoor Cycling & Core/Abs	9.15am – 10.00am

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.



Available on the App Store

GET IT ON Google Play

Ag freastal ar an Dún agus Ard Mhacha Theas
Serving Down and South Armagh

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
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