



Kilkeel Leisure Centre Fitness Class Timetable

Monday

Spinning Indoor Cycling	6.00pm – 6.45pm
Spinning Indoor Cycling	7.00pm – 7.45pm

Wednesday

Spinning Indoor Cycling	6.00pm – 6.45pm
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Thursday

Yoga Beginners Class	10.00am – 10.45am
Yoga Flow Class	11.00am – 11.45am

Friday

Spinning Indoor Cycling	6.30pm – 7.15pm
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- £5.90 per class or
- All Inclusive Membership for £32.70 / month which includes access to our fitness classes.

For more information and to join online
www.newrymouredown.org/membership-options

Class timetable is illustrative only and subject to change. Always check latest timetable on NMD Be Active app before booking and paying for your class.

Additional Information:

- All classes must be booked on NMD Be Active app, online or by calling us on 0330 137 4026.
- You can view and book classes 8 days in advance.
- Please arrive at least 5 minutes before your class and swipe in or make Reception Staff aware of your arrival.
- To ensure fairness the council has a class booking penalty strike system. If you do not attend a class or cancel with less than 4 hours notice you will receive one strike. If you receive 3 or more strikes in a 60 day period you will not be able to book classes online for the next 10 days. Class bookings can still be made at Reception.
- Ensure you have appropriate clothing and footwear and make sure to bring along water to hydrate.

For most up to date class timetables and to book your class, download the NMD Be Active app today!

