



Newry Leisure Centre Fitness Class Timetable

Monday

Spin Indoor Cycling	9.30am – 10.15am
HIIT	10.15am – 11.00am
Yoga	10.30am – 11.15am
Yoga	11.30am – 12.15pm
Body Pump	12.30pm – 1.30pm
Power-Ball	5.30pm – 6.05pm
Power-Ball	6.15pm – 6.50pm
Spin Indoor Cycling	6.30pm – 7.15pm
Circuits	7.30pm – 8.20pm

Tuesday

Spin Indoor Cycling	9.45am – 10.30am
Hybrid Power	10.15am – 11.00am
Pilates	11.30am – 12.20pm
Pilates	12.45pm – 1.35pm
Yoga	5.30pm – 6.45pm
Spin Indoor Cycling	6.15pm – 7.00pm
Trim 'n' Tone	6.30pm – 7.30pm
Yoga	6.30pm – 7.15pm

Wednesday

Bootcamp	7.00am – 8.15am
Yoga	10.30am – 11.15am
Yoga	11.30am – 12.15pm
Spin Indoor Cycling	12.30pm – 1.15pm
Power Hour	5.30pm – 6.30pm
Spin Indoor Cycling	6.30pm – 7.15pm
Power-Ball	6.30pm – 7.05pm
Circuits	7.30pm – 8.20pm

Thursday

Body Pump	8.30am – 9.30am
Spin Indoor Cycling	12.30pm – 1.15pm
Yoga	5.15pm – 7.00pm
Fit Ball	5.30pm – 6.15pm
Yoga	6.15pm – 7.00pm
Spin Indoor Cycling	6.15pm – 7.00pm
Low Body Blast	7.00pm – 7.45pm
Pilates	7.20pm – 8.05pm

Friday

Spin Indoor Cycling	6.45am – 7.30am
Boot Camp	7.00am – 7.45am
Spin Indoor Cycling	9.30am – 10.15am
Low Body Blast	9.30am – 10.15am
Pilates	11.15am – 12.05pm
Body Pump	12.30pm – 1.30pm
Power Hour	4.00pm – 5.00pm
Spin Indoor Cycling	6.30pm – 7.15pm

Saturday

Power Hour	9.30am – 10.30am
Spin Indoor Cycling	10.15am – 11.00am
Power Hour	10.30am – 11.30am

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.

