



# LOUGH MOSS CENTRE STUDIO TIMETABLE

## July-Sept

<b>Monday</b>	
18.00-18.45	Spinning
19.00-20.00	Circuits
20.00-21.00	Thai & Tone

<b>TUESDAY</b>	
18.00-19.00	Body Pump
18.30-19.00	Spinning
19.00-20.00	Boxercise

<b>WEDNESDAY</b>	
20.00-21.00	Thai & Tone

<b>THURSDAY</b>	
18.00-18.45	Spinning
19.00-20.00	Body Pump
20.00-21.00	Body toning

<b>FRIDAY</b>	
18.00-19.00	Active Youth

<b>SATURDAY</b>	
11.00-12.00	Active Youth

<b>SUNDAY</b>	
11.00-12.00	Active Youth
12.30-13.15	Spinning