

Class Time-Table

From Monday 24th October [Some New Changes to Our Timetable](#)



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Early Bird Swimming Monday – Friday 6.30-9.30am										8.00am	Pool Opens
9.30am	Beginners Spin	9.30am	Spin & Core	9.30am	Pilates	9.30am	Spin & Tone	9.30am	Spin & Tone	9.00am	Les Mills Body Combat In Concordia
9.30am	AM Fitness with Zumba	11.30am	Yoga	9.30am	AM Fitness with Spin			9.30am	AM Fitness Combo		
10.30am	Beginners Pilates **	3.45pm	Junior Fit Kids	9.30am	Les Mills Body Combat In the Arena	11.45am	Pilates			10.00am	Fit Kids
11.00am	Actively Ageing	5.00pm	Hip-Hop	11am	50+ Club			1.00pm	Spin	10.15am	Spin Circuit
3.45pm	Ulster Scots Dancing	6.15pm	Kinesis	5.45pm	Kettle bells	6.15pm	Mixed Pilates			We now have 2 x 8 weeks Pilates courses BUT they have moved to Monday night and to Kinesis. The group is smaller to give a better service in the class. Even if you have been a regular at Pilates you can still use the foundation class.	
5.45pm	Spin	6.00pm	Spin	6.45pm	Yoga 90 mins	6.30pm	Les Mills Body Combat In the Arena	6.30pm	Spin		
6.45pm	Spin	7.00pm	Zumba in Arena	7.00pm	Bobbys Circuits Arena						
6.45pm	Foundation Pilates **	7.00pm	Pump it Up			7.45pm	Zumba In the Arena				
7.45pm	Pilates **	8.00pm	Les Mills Body Combat in the arena			7.15pm	Spin	300 <i>You Up for a Challenge?</i> <i>Challenge Big Jonathon @ the gym !!!!</i>		50+ on Wednesday is free to members. Non members please pay Alison	
7.45pm	Total Body Workout			8.30pm	Cardio Box						

For Updates please check out the class timetable at www.carrickfergus.org or telephone 02893358888
 All classes are free to members (*with the exception of Les Mills which will be £1 per class or £8 per 8 week course*) non members are welcome to book & pay in advance. £4 per class and £28 for 8 week courses.
24 hours notice must be given for cancellation or charge will apply.

