

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	6.45-7.30 Spin & Core Stephen	Early Bird Swimming Monday – Friday 6.30 – 9.30am			6.45-7.30 Spin Stephen		
	9.30-10.15 Spin for beginners Tracey	09.15-10.15 Spin & Core Debbie	9.30-10.30 Pilates Grainne	9.15-9.45 Beginner Spin Debbie	9.30-10.30 Morning Club Alison	9.00 – 9.45 Spin Colin, The Legend	Kinesis Is Movement Balance Strength Core Mind
	9.30-10.30 Morning Club Alison	10.30 -11.15 STOTT Pilates Jenny	9.30-10.30 Morning Club Alison	10.00 – 11.00 Spin & Tone circuit Debbie	10.00-10.45 Spin Debbie	10.00-12.00 Fit Kids Club Registration From 9.30 <i>Limited numbers</i>	
	10.30-11.15 Beginners Pilates 8 week Course Tracey Enrol 23/08/10 Starts 6 th Sept	11.30-13.00 Yoga Grainne		10.00-11.30 Yoga Jane	11.00–12.00 Intermediate Pilates. 8 week course Tracey Enrol 4/09/10		
	11.00 – 12.00 Actively Ageing Alison	15.45 – 17.15 Junior Fit Kids 4-6 yrs old Jenny & The Gang	Kinesis Inductions Are FREE To Members.	11.45-12.45 Pilates Tracey	12.15-12.45 Circuit Blast Gym Staff	12.30-13.30 STOTT Pilates Jenny	
	15.45-17.30 Ulster Scots Dancing Kerry Jordan	17.45 – 18.30 Spin Jenny		17.00-17.45 Kids Hip-Hop Dance Laura	13.00-13.45 Spin Debbie		
	17.45 – 18.30 Spin with Debbie	18.45 – 19.30 Spin & tone Alison	17.45-18.30 Big Kids Hip-Hop Dance Laura	14.00– 15.00 Kettle bells Jonathan			
	18.45 – 19.30 Spin with Jenny	19.45 – 20.30 Spin with Cheryl	17.00 – 17.45 Spin & Abs Cheryl	17.45-18.15 Beginners Spin Annie 8 week course Enrol 3/09/10			
	19.45 – 20.45 Cardio Box In Amplio With Jonathan	19.00 – 20.00 M.R.T Mini Boot Camp In Arena Don't B afraid !!	18.00 – 18.45 Performance spin Claire	20.30-21.15 Spin Bobby			
	Kinesis Classes		19.00-20.00 Classic Circuits Big Bad Bobby	20.30-21.15 Spin Bobby	18.30 -19.15 Spin Annie		
19.30 – 20.00 Move With Alison	Kinesis Classes	19.00-19.45 STOTT Pilates Jenny	Kinesis Classes	18.30 – 19.30 Move			
20.15 – 20.45 Sport & Power With Jenny	19.00 – 20.00 Shape With Jenny 20.00 – 20.30 Move With Jenny	19.00-19.45 STOTT Pilates Jenny	19.45 – 20.15 Breathe				
Andrea's Classes in Concordia	Andrea's Classes in Concordia	20.00 – 21.00 Body Conditioning Cheryl	Andrea's	M.R.T. Boot camp Sept – Oct Arena. Pre reg Tues 31 st Aug			
18.30 - 19.30 Total body workout	18.45-19.30 Pilates	20.00 – 21.30 Yoga Jane	19.15-20.15 Pilates 8 week course Enrol 02/09	Starts 6th Sept			
19.45 - 20.30 Pump it Up	19.45 - 20.30 Pilates	<i>in Kinesis</i>	20.30-21.30 20,20,20				
20.45 - 21.30 Pilates	20.45 – 21.30 Pump it Up						

The Sanctuary
Therapy Room



Pick Up A Brochure

Where is my class?

 **Amplio Studio**

 **Arena**

 **Kinesis Suite**

 **Ask a member of staff**

 **Concordia**

Check out our class timetable at
www.carrickfergus.org

All Classes are free to members.

Non Members are welcome to book & pay in advance for all classes & courses.

£4 per class, £28 per course
£30 for Boot-camp

Telephone Bookings
028 9335 8888

Please be aware classes will start promptly and you may not be allowed entry if you are late.