

# Studio Class Timetable

January 2019

<b>MONDAY</b>	<b>Active Bootcamp</b> 6.30am	<b>Active Body Sculpt</b> 10.00am	<b>Active Ageing Well (50+)</b> 11.30am - 15.00	<b>HIIT Core</b> 1.15pm			<b>Active Circuits</b> 6.00pm	<b>Functional Strength Training</b> 6.00pm	<b>Spin</b> 7.00pm	<b>Extreme Core</b> 7.00pm	
<b>TUESDAY</b>	<b>Active 20/20</b> 6.30am	<b>TRX KBs &amp; ROPES</b> 10.00am		<b>Hatha Yoga</b> 1.15pm	<b>Pilates</b> 5.30pm	<b>Active Spin</b> 6.00pm	<b>Active WARRIOR 60</b> 6.00pm	<b>Pilates</b> 6.30pm	<b>Functional Strength training</b> 7.30pm		
<b>WEDNESDAY</b>	<b>HIIT 30/30 Spin &amp; Circuits</b> 6.30am	<b>HIIT Strength</b> 10.00am	<b>Active Ageing Well (50+)</b> 11.30am - 15.00	<b>Hatha Yoga</b> 1.15pm		<b>Active Strength Conditioning</b> 6.00pm	<b>Hatha Yoga</b> 6.00pm	<b>Active Spin</b> 7.00pm	<b>Hatha Yoga</b> 7.00pm	<b>Active Aqua</b> 7.00pm	<b>Active Core</b> 8.00pm
<b>THURSDAY</b>	<b>Active 20/20</b> 6.30am	<b>Active Core</b> 10.00am		<b>Active Body Blast circuit</b> 1.15pm		<b>Active Circuits</b> 6.00pm	<b>Active Spin</b> 7.00pm	<b>Functional Training</b> 7.00pm		<b>JIVE</b> 8.00pm	
<b>FRIDAY</b>	<b>Active Bootcamp</b> 6.30am	<b>Active 20/20</b> 10.00am		<b>Active Barbell Circuit</b> 1.15pm		<b>Met Con</b> 6.00pm					
<b>SATURDAY</b>	<b>Active Bootcamp</b> 9.00am	<b>Active 20/20</b> 10.00am									
<b>SUNDAY</b>	<b>Active Bootcamp</b> 12.00pm										

Call 028 7963 2796

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