

FOYLE ARENA PROGRAMME 2017

Monday Classes	Time	Price
Bootcamp Circuits	6.30 – 7.15am	£4.00
Body Tone	10.00 – 10.45am	£4.00
Zumba Gold	11.00 – 11.45am	£4.00
EBA Teen Fit Club (14-15yrs)	4.15 – 5.15pm	£2.00
Studio Cycling	6.00 – 6.45pm	£4.00
Pilates	6.00 – 6.45pm	£4.00
Karate (Juniors)	6.30 – 7.30pm	£2.00
Bootcamp Pump	7.00 – 7.45pm	£4.00
Karate (Seniors)	7.30 – 8.30pm	£4.00
Zumba	8.00 – 8.45pm	£4.00

Tuesday Classes	Time	Price
Zumba	10.00 – 10.45am	£4.00
EBA 50+	11.00 – 11.45am	£2.00
Studio Cycling	11.00 – 11.45am	£4.00
EBA Teen Fit Club (12-13yrs)	4.15 – 5.15pm	£2.00
Bootcamp Circuits	6.15 – 7.00pm	£4.00
Yoga	7.00 – 8.30pm	£5.00
Studio Cycling	7.15 – 8.00pm	£4.00

Wednesday Classes	Time	Price
Studio Cycling	6.30 – 7.15am	£4.00
Body Tone	10.00 – 10.45am	£4.00
Yoga	10.45 – 12.15pm	£5.00
EBA Teen Fit Club (14-15yrs)	4.15 – 5.15pm	£2.00
Studio Cycling	6.00 – 6.45pm	£4.00
Karate (Juniors)	6.30 – 7.30pm	£2.00
Pilates	6.45 – 7.30pm	£4.00
Insanity/P90X	6.45 – 7.30pm	£4.00
Karate (Seniors)	7.30 – 8.30pm	£4.00
Zumba	7.45 – 8.30pm	£4.00

Thursday Classes	Time	Price
Cardio Sculpt	10.00 – 10.45am	£4.00
EBA 50+	11.00 – 11.45am	£2.00
Studio Cycling	11.00 – 11.45am	£4.00
Aqua-fit	11.00 – 11.45am	£4.00
EBA Teen Fit Club (12-13yrs)	4.15 – 5.15pm	£2.00
Bootcamp Circuits	6.15 – 7.00pm	£4.00
Studio Cycling	7.15 – 8.00pm	£4.00

Friday Classes	Time	Price
Bootcamp Circuits	6.30 – 7.15am	£4.00
Body Tone	10.00 – 10.45am	£4.00
Yoga	10.00 – 11.30am	£5.00
Aqua-fit (Starts 30th January)	1.15 – 2.00pm	£4.00
Yoga	7.00 – 8.30pm	£5.00

Saturday Classes	Time	Price
Bootcamp Circuits	10.00 – 10.45am	£4.00