

# Foyle Arena Programme • January 2019

Monday Classes	Time	Price	Tuesday Classes	Time	Price
Circuits	6.30 - 7.15am	£4.00	Zumba	10.00 - 10.45am	£4.00
Body Tone	10.00 - 10.45am	£4.00	Kettlebells	11.00 - 11.45am	£4.00
EBA Teen Fit Club (14-15yrs)	4.15 - 5.15pm	£2.00	EBA 50+ Club	11.00 - 11.45am	£2.00
Studio Cycling	6.00 - 6.45pm	£4.00	EBA Teen Fit Club (12-13yrs)	4.15 - 5.15pm	£2.00
Pilates	6.00 - 6.45pm	£4.00	EBA Dynos (8-17yrs)	4.30 - 5.30pm	£2.00
Karate (Juniors)	6.30 - 7.30pm	£2.00	Circuits	6.15 - 7.00pm	£4.00
Pump	7.00 - 7.45pm	£4.00	Yoga	7.00 - 8.30pm	£5.00
Karate (Seniors)	7.30 - 8.30pm	£4.00	Studio Cycling	7.15 - 8.00pm	£4.00
Zumba	8.00 - 8.45pm	£4.00			

Wednesday Classes	Time	Price
Circuits	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
Climbing for Beginners (Adult)	7.00 - 8.00pm	£5.00
Pilates	8.00 - 8.45pm	£4.00
Karate (Seniors)	7.30 - 8.30pm	£4.00
Zumba	7.45 - 8.30pm	£4.00

Thursday Classes	Time	Price
Combat	10.00 - 10.45am	£4.00
HITT Cycling & Core	11.00 - 11.45am	£4.00
EBA 50+ Club	11.00 - 11.45am	£2.00
EBA 50+ Aqua Aerobics	11.00 - 12.00	£4.00
EBA Teen Fit Club (12-13yrs)	4.15 - 5.15pm	£2.00
EBA Dynos (8-17yrs)	4.30 - 5.30pm	£2.00
Masters Swimming	6.00 - 6.45pm	£4.00
Circuits	6.15 - 7.00pm	£4.00
Kettlebells	7.15 - 8.00pm	£4.00

Friday Classes	Time	Price
Circuits	6.30 - 7.15am	£4.00
Body Tone	10.00 - 10.45am	£4.00
Yoga	10.00 - 11.30am	£5.00
Climbing for Beginners (Adult)	11.00am - 12.00pm	£5.00
EBA Aqua-fit	12noon - 12.45pm	£2.00
Yoga	7.00 - 8.30pm	£5.00

Saturday Classes	Time	Price
Circuits	10.00 - 10.45am	£4.00
Yoga	12.30 - 1.30pm	£4.00

Sunday Classes	Time	Price
Studio Cycling	10.30 - 11.15am	£4.00
Yoga	10.00 - 11.00am	£4.00
Yoga	11.15 - 12.15pm	£4.00



**FREE**  
as part of  
**ALL INCLUSIVE  
MEMBERSHIP  
PACKAGE**

# Indoor Cycling

**Mondays & Wednesdays: 6pm**

**Tuesdays: 7.15pm**

**£4 per class**

Terms & conditions apply

2, Limavady Road,  
BT47 6JY  
T: 028 71376555

 @foylearena



**Foyle Arena**  
St Columb's Park

This information is available in a number of formats and languages.  
Tel: 028 71253253 Text phone: 028 71376646 or Email: [equality@derrystrabane.com](mailto:equality@derrystrabane.com)