

Group Exercise Timetable

Comber Leisure Centre

From 21 November to 31 December

Please note - some classes may be subject to change

Temporary Timetable

MONDAY

Class	Location	Time
Pilates [5 December only]	Enler Room	9am to 9.45am
Core Stability	Enler Room	10am to 10.30am
Hit It Up	Gym	5.30pm to 6pm
Group Cycle 45	Studio	6pm to 6.45pm
Aerobic Dance	Enler Room	6pm to 6.45pm
Pilates	Enler Room	7pm to 8pm

THURSDAY

Class	Location	Time
Pilates	Enler Room	9.30am to 10.30am
Hit It Up	Gym	10.45am to 11.15am
Chair Aerobics	Enler Room	11am to 12noon
Kettlebells 30	Enler Room	5.45pm to 6.15pm
Group Cycle 30	Studio	6.30pm to 7pm
Body Weight Blast	Enler Room	7.15pm to 7.45pm

TUESDAY

Class	Location	Time
Pilates	Scrabo Room	9.30am to 10.30am
Hit It Up	Gym	10.45am to 11.15am
Chi Me	Scrabo Room	11am to 12noon
Core Blast	Gym	5.30pm to 6pm
Kettlebells 30	Enler Room	6.15pm to 6.45pm
Group Cycle 30	Studio	7pm to 7.30pm

FRIDAY

Class	Location	Time
Yoga	Enler Room	9am to 10am
Kettlebells 30	Enler Room	10.30am to 11am
RT24 (Burn)	Enler Room	5pm to 5.30pm

WEDNESDAY

Class	Location	Time
Pilates [23 & 30 Nov, 14 Dec only]	Enler Room	9am to 9.45am
Legs, Bums and Tums	Enler Room	10am to 10.45am
RT24 (Power)	Enler Room	6pm to 6.30pm
Hit It Up	Gym	6.45pm to 7.15pm
Group Cycle 30	Studio	7.45pm to 8.15pm
Yoga with David	Enler Room	8.15pm to 9.15pm

WEEKEND

Class	Location	Time
Saturday Group Cycle 30	Studio	10am to 10.30am
Hit It Up	Gym	10.45am to 11.15am
Sunday Group Cycle 30	Studio	11am to 11.30am

Class Notes

- Class participants must be 16 years or over unless otherwise stated. Class participants must be 16 years or over unless otherwise stated.
- [Classes can be booked at the centre or online.](#)
- **Customers are expected to abide by the centre's Customer Charter and to:**
- Turn up on time and dress appropriately for the activity they are taking part in
- Be responsible for their personal belongings.