

Group Exercise Timetable

Comber Leisure Centre



Ards and
North Down
Borough Council

Temporary Timetable 25 November to 31 December

MONDAY

Class	Location	Time
Core Stability	Sports Hall	10am to 10.30am
Yoga	Enler Room	11am to 12 noon
Hit It Up	Sports Hall	5.30pm to 6pm
Group Cycle 30	Studio	6.15pm to 6.45pm
Pilates	Sports Hall	7pm to 8pm

THURSDAY

Class	Location	Time
Pilates	Enler Room	9.30am to 10.30am
Hit It Up	Sports Hall	10.45am to 11.15am
Chair Aerobics	Enler Room	11am to 12 noon
Hit It Up	Sports Hall	5.45pm to 6.15pm
Group Cycle 30	Studio	6.30pm to 7pm
Total Body Fitness	Sports Hall	7.15pm to 8pm

TUESDAY

Class	Location	Time
Pilates	Scrabo Room	9.30am to 10.30am
Hit It Up	Sports Hall	10.45am to 11.15am
Chi Me	Scrabo Room	11am to 12 noon
Circuits	Sports Hall	6pm to 6.45pm
Group Cycle 30	Studio	7pm to 7.30pm

FRIDAY

Class	Location	Time
Yoga	Enler Room	9am to 10am
Kettlebells 30	Sports Hall	10.30am to 11am
Group Cycle 30	Studio	11.15am to 11.45am

WEDNESDAY

Class	Location	Time
Legs, Bums and Tums	Enler Room	10am to 10.45am
RT24 (Power)	Sports Hall	6pm to 6.30pm
Group Cycle 30	Studio	6.45pm to 7.15pm
Kettlebells 30	Sports Hall	7.30pm to 8pm
Yoga with David	Enler Room	8.15pm to 9.15pm

WEEKEND

Class	Location	Time
Saturday		
Total Body Fitness	Sports Hall	9.30am to 10.15am
Group Cycle 30	Studio	10.30 to 11am
Hit It Up	Sports Hall	11.15am to 11.45am
Sunday		
Abs and Pads	Sports Hall	11am to 11.45am

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 online on at the centre.](#)
- 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.

Updated 17 November 2023