



**Castle Park  
Leisure Centre**



**Fermanagh & Omagh  
District Council**  
Comhairle Ceantair  
Fhear Manach agus na hÓmaí

1 Killypaddy Road. Lisoneill, Lisnaskea, Co Fermanagh BT92 0JJ Tel: 028 677 21299

## Adult Activities – 1st - 30th November 2019

Monday	Ongoing from	Time	Cost
Bridge Club	04/11/2019	2.00-4.00pm	
Bowls - Monday Club	04/11/2019	2.00-3.30pm	£2.60
Indoor Cycling Class ~	04/11/2019	6.30-7.15pm	£3.65
HIIT Class ~	04/11/2019	7.30-8.30pm	£4.65
Ju-Jitsu	04/11/2019	8.30-10.00pm	Payment to Lyle

Squash/Handball/Badminton/Tabletennis Facilities available -contact Reception for details

Tuesday			
Slimming World	05/11/2019	9.30am-9.00pm	
Inclusive Activities	05/11/2019	10.30-11.30	Enrolement with Chris Elliot Townhall
Cardio/Core ~	05/11/2019	7.00-7.45pm	£3.65
Yoga with Christiane	05/11/2019	7.00-8.15pm	Payment to Chrissie £35 for 6wks or £7 drop in.
Body Pump ~	05/11/2019	8.00-9.00pm	£4.65

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Wednesday			
Indoor Cycling - Circuits ~	06/11/2019	7.00-7.45pm	£3.65
Power Hour ~	06/11/2019	8.00-9.00pm	£4.65
Ju-Jitsu	06/11/2019	8.30-10.00pm	Payment to Lyle

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Thursday			
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Friday			
Bridge Club	01/11/2019	2.00-4.00pm	

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Saturday			
Cardio Mix ~	(Ongoing)	02/11/2019	10.30-11.15am £3.65

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**Classes marked with an ~ are included in Fitness Suite Membership**

N.B Classes on these days above will continue to 21/12/2019