

CLASS TIMETABLE 2020



BRIDGE HOUSE
HOTEL SPA & LEISURE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>* PILATES 10-11AM €10</p> <p>CORE/KB 11:15AM-12:00</p> <p>ABS 5:45-6:00PM</p> <p>CIRCUIT 6-6:45PM</p> <p>AQUA AEROBICS 7-7:30PM</p> <p>*PILATES 7-8PM/8:15-9:15</p>	<p>BUMS & TUMS 10-10:45AM</p> <p>AQUA AEROBICS 11-11:45AM</p> <p>ABS 5:45-6:00PM</p> <p>CARDIO/CORE 7-8PM</p>	<p>BODY SCULPT 10-10:45AM</p> <p>FLEX & STRETCH 11-11:45AM</p> <p>ABS 5:45-6:00PM</p> <p>HIIT 6-6:45PM</p> <p>*PILATES 7-8PM 8:15-9:15PM</p>	<p>CARDIO/CORE 10-10:45AM</p> <p>AQUA AEROBICS 11-11:45AM</p> <p>ABS 5:45-6:00PM</p> <p>COREFIT/KB 7-8PM</p>	<p>*KIDS FIT CLUB €5 5-6:00PM</p> <p>*KIDS POOL SPLASH €5 6-7:00PM</p>	<p>*KIDS SWIM LESSONS 10-10:45AM</p> <p>11-11:45PM</p> <p>12-12:45PM</p>	<p>STEP CIRCUIT 11-11:45AM</p>



100 DAY
MEMBERSHIP
€100



MEMBERS FREE NON-MEMBERS €5 PER CLASS *DENOTES PAID CLASS