



BRIDGE HOUSE LEISURE CLUB CLASS TIMETABLE



MONDAY	STEP 6PM (30 MIN)	ABS BLAST 6:30PM (15 MIN)	AQUA AEROBICS 7PM (30 MINS)
TUESDAY	AQUA AEROBICS 11AM (30 MIN)	BANDS & BELLS 6PM (30 MIN)	ABS BLAST 6:30PM (15 MINS)
WEDNESDAY	LEGS, BUMS & TUMS 11AM (30 MIN)	BODY PUMP 6PM (30 MIN)	ABS BLAST 6:30PM (15 MIN)
THURSDAY	AQUA AEROBICS 11AM (30 MIN)	HIIT 6PM (30 MIN)	ABS BLAST 6:30PM (15 MIN)
FRIDAY	KETTLE BELLS 11AM (30 MIN)		
SATURDAY	KIDS SWIM LESSONS FROM 9:15AM		
SUNDAY	KIDS SWIM LESSONS FROM 9:15AM		

CLASSES • FREE FOR MEMBERS • (EXCLUDES SWIM LESSONS & KIDS CLUB)
NON-MEMBERS • 30 MIN CLASSES €7 • 15 MIN CLASSES €4 • BOTH CLASSES €10
PLEASE INFORM INSTRUCTOR OF ANY INJURIES BEFORE CLASS

057 9325660