

SAMPLE CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30-8AM		BUMS & TUMS	BODY SCULPT	CORE ABS			
10-10.45AM	PILATES						
11-11.45AM		AQUA AEROBICS	FLEX & STRETCH	AQUA AEROBICS		*SWIM LESSONS*	20/20/20 SPIN/KB/PILATES
12-12.45PM						*SWIM LESSONS*	
5-5.30PM		STEP CLASS					
5.45-6PM	ABS	ABS	ABS	ABS			
6-6.45PM	20/20/20 SPIN/KB/PILATES	Body Sculpt	BODY BLAST	20/20/20 Spin/KB/Pilates	*SPLASH*		
7-7.45PM	AQUA AEROBICS	Spin d 40km	Core Pilates	YOGALATES	*Adult swim lessons		
8-8.45PM	*Insanity	*CLASSICAL PILATES	*Insanity				

PLEASE ASK A STAFF MEMBER FOR INFO REGARDING CLASS CONTENT

CLASSES WITH * ARE PAID FOR CLASSES. Non member €7.50 per class

Course Prices will vary depending on Course. Aqua & Pilates for November Only.....

YOU NEED TO INFORM THE CLASS INSTRUCTOR OF ANY INJURIES YOU MAY HAVE BEFORE PARTICIPATING IN CLASS

