2019 SUMMER | FITNESS CLASSES

Enjoy unlimited fitness classes for €15 per week
Gym and Pool Now open from 7am Mon – Fri

Times Gym Opening	Monday 7am - 10pm	Tuesday 7am - 10pm	Wednesday 7am - 10pm	Thursday 7am - 10pm	Friday 7am - 10pm	Times Gym Opening	Saturday 9am - 6pm	Sunday 9am - 6pm
07:00			S.W.A.T	Spin		09:00		
09:30		Yoga	Spin	Yoga	Spin	09:30		
10:00	S.W.A.T.	Aqua Zumba 9:45am	Pilates* 10:20am			10:30	Spin and Bells	S.W.A.T
10:15	Aqua	Aqua Zumba	Aqua Aerobics	Aqua Zumba	Aqua Aerobics	11:30	Teen Fit	ABS Blast
11:30					Zumba Gold	15:00		
18:30	Step Aerobics	BLT	S.W.A.T.	Spin		18:00	Closed	Closed
19:00	Zumba							
19:10	Spin	Spin	Zumba	Step Aerobics				
20:00	Yoga	RIG/FT	PILATES 7pm/8pm*	Aqua Aerobics 8.15pm				
22:00	Closed	Closed	Closed	Closed	Closed			

Sportslink