

# SUMMER 2020 FITNESS CLASS TIMETABLE

<u>Times</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Gym Opening</u>	<u>7am - 10pm</u>	<u>7am - 10pm</u>	<u>7am - 10pm</u>	<u>7am - 10pm</u>	<u>7am - 10pm</u>		<u>9am - 6pm</u>	<u>9am - 6pm</u>
07:00						09:00		
09:30	SPIN COMBO		SPIN COMBO		SPIN COMBO	09:30		
10:00	AQUA AEROBICS	YOGA	Pilates 1 (10:20am)	YOGA	AQUA AEROBICS	10:30	SPIN COMBO	
10:00				AQUA ZUMBA		11:30	TEEN FIT	
11:15			Pilates 2 (11:20am)					
13:30						15:00		
17:00			TEEN FIT			18:00	Closed	Closed
18:30	SPIN COMBO		Pilates (7pm) *	SPIN COMBO				
19:00		SPIN COMBO	ZUMBA					
20:00								
22:00	Closed	Closed	Closed	Closed	Closed			

Unlimited Classes €15/Week

SPIN COMBO -€5 TEEN FIT - €4

AQUA / ZUMBA - €5

YOGA - €10

Pilates (Term Bookings)

