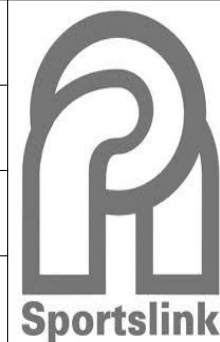


Beginning Monday 11th October 2021 FITNESS CLASS TIMETABLE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Opening	7am - 10pm	7am - 10pm	7am - 10pm	7am - 10pm	7am - 10pm	9am - 6pm
09:30	Zumba		Zumba Gold			
09:30		Spinning	Gym Circuit (on gym floor)	Spin Combo (60mins)	Spinning	
10:00						Spin Combo (60mins)
10:15			*Pilates		Body Flex	
10:30	*Aqua Zumba		*Aqua Aerobics			
11:00					*Aqua Aerobics	Teen Gym
11:20			*Pilates			
19:00	Spinning	Spin Combo (60mins)	Bars n'Bells	Zumba (60mins)		
19:00			*Pilates			
20:00			*Pilates			
20:15				*Aqua Aerobics		
22:00	Closed	Closed	Closed	Closed	Closed	



ALL CLASSES €5 pay as you go or €15 unlimited per week

*AQUA AEROBICS - COVID Vaccine proof needed

ALL CLASSES 45mins Unless stated

*PILATES pay per term available for members & non-members