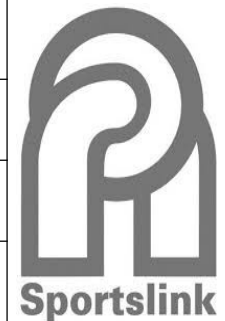


Beginning Monday 14th November 2022 FITNESS CLASS TIMETABLE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Opening	7am - 10pm	7am - 10pm	7am - 10pm	7am - 10pm	7am - 10pm	9am - 6pm
9:30		Spinning	Circuits	Spin Combo (60mins)	Spin Combo (60mins)	
10:00						Spin Combo (60mins)
10:15			<i>*Pilates</i>			
10:30	Aqua Aerobics		Aqua Aerobics			
11:00					Aqua Aerobics	TEEN GYM
11:20			<i>*Pilates</i>			
14:00						
19:00	Spinning	Spin Combo (60mins)	Circuits			
19:00			<i>*Pilates</i>			
20:00			<i>*Pilates</i>			
20:15				Aqua Aerobics		
22:00	Closed	Closed	Closed	Closed	Closed	



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

ALL CLASSES 45mins Unless stated

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