

Fitness Class timetable, beginning Monday 16th January 2023

All Classes either €5, pay as you go, or €15 for unlimited classes per week

All Classes are 45 minutes long (unless stated otherwise)

Pilates is pay per term. Available for members & non members



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Opening	7am-10pm	7am-10pm	7am-10pm	7am-10pm	7am-10pm	9am-6pm
09:30		Combo	Circuit Training		Spin Combo (60mins)	
10:00						Spin Combo (60mins)
10:15			Pilates*			
10:30	Aqua Aerobics		Aqua aerobics			
11:00					Aqua Aerobics	Teen Gym
11:20			Pilates*			
19:00	Circuit Training	Spin Combo (60mins)	Circuit Training + Pilates*			
20:00			Pilates*			
20:15				Aqua Aerobics		
22:00	Closed	Closed	Closed	Closed	Closed	

