

**Timetable Effective from Monday 13.09.10
6 or 12 Week Modules**

01.09.10

Timetable is subject to change at short notice.

The Watershed, Scanlon Park, Kilkenny
056 7734620 – info@thewatershed.ie – www.thewatershed.ie



MONDAY						
Note: Pilates Recommencing in October						
FITNESS PILATES	<i>Members Free</i>	14.15	-	15.00	Studio	Alan
ABS BLAST		18.15	-	19.00	Studio	Shirley
BOXERCISE		19.15	-	20.00	Studio	Alan
RUNNING CLUB		20.15	-	21.00	Track	Tommy
PILATES (BEGINNERS)			T.B.A.		Studio	Frankey
PILATES (ADVANCED)			T.B.A.		Studio	Frankey
TUESDAY						
SPIN CLYCLING	<i>Members Free</i>	07.30	-	08.15	Studio	Tommy
DANCE AEROBICS		12.45	-	13.30	Studio	Sinead
KID'S DANCE (4-7 year olds)		16.00	-	16.45	Studio	Sinead
DANCE AEROBICS	<i>Members Free</i>	17.45	-	18.30	Sports Hall	Sinead
REBOUNDING		18.30	-	19.15	Studio	Marie
AQUA FIT		19.30	-	20.15	Pool	Marie
SPIN CYCLING		20.00	-	20.45	Studio	Sinead
WEDNESDAY						
TEEN SPIN CYCLING (13 – 16 year olds)		16.15	-	17.00	Studio	Tommy
PRIMARY SCHOOLS BOYS SOCCER		16.00	-	16.45	Sports Hall	Sheamie
PRIMARY SCHOOLS TAG RUGBY		17.00	-	17.45	Sports hall	Sheamie
DANCE AEROBICS		18.30	-	19.15	Sports Hall	Sinead
ABS BLAST	<i>Members Free</i>	19.15	-	20.00	Studio	Sinead
RUNNING CLUB		19.30	-	20.15	Track	Tommy
SPIN CYCLING	<i>Members Free</i>	20.15	-	21.00	Studio	Sinead
THURSDAY						
TEEN GIRLS BASKETBALL (13 – 16 yrs)		16.30	-	17.15	Sports Hall	Tommy
KID'S DANCE (8 – 14 years old)		16.15	-	17.00	Studio	Sinead
REBOUNDING		17.45	-	18.30	Studio	Marie
BOXERCISE	<i>Members Free</i>	18.45	-	19.30	Studio	Alan
DANCE AEROBICS	<i>Members Free</i>	19.00	-	19.45	Sports Hall	Sinead
AQUA FIT		19.15	-	20.00	Pool	Shirley
YOGA		19.35	-	20.20	Studio	Sadhbh
YOGA		20.30	-	21.30	Studio	Sadhbh

<u>Fitness Classes</u>	€35	*for 6 Week Module,	€63	**for 12 Week Module,	€7	per Class
<u>Kids & Teens</u>	€25	for 6 Week Module,	€5	per Class		
<u>Running Club</u>	€45	for 6 Week Module,	€7	per Session		
<u>Pilates & Yoga</u>	€45	for Members,	€60	for Non-Members	Per 6 Week Module	

SPECIAL OFFER for Adult Fitness Classes !

*1 Class FREE - Book Weeks 1 to 6 and or Weeks 7 to 12 and pay for 5.

**3 Classes FREE - Book Weeks 1 – 12 and pay for 9.

Terms & Conditions

- * Class Fees are Non-Refundable and Non-Transferable.
- * Block bookings are for six or twelve consecutive classes and are payable in advance.
- * **Members Free** Classes may not be booked in advance and free places will not be available if classes are at capacity.