

WINTER 2009 CLASS TIMETABLE Commencing Monday 09.11.09

SIX WEEK MODULES

SPECIAL OFFER on Fitness Classes – Book 6 for the Price of 5 (payment in advance required)

Fitness Classes*

€4 Members

€6 Reg P&P

€7 Non-Reg P&P

* Classes up to 3pm Free to Members

Body & Mind Classes (Pilates & Yoga)

€45 Members

€60 Non-Members

Running Club €45



20.10.09

MONDAY

AM

Fitness Pilates	13.00	-	13.45	Studio	Alan
Bums n' Tums	14.15	-	15.00	Studio	Marie

PM

Kids' Classes	16.00	-	16.45	Studio	Sinead
Spin Cycling	17.15	-	18.00	Studio	Tommy
Rebound – NEW!	18.15	-	19.00	Studio	Marie
Dance Aerobics	18.15	-	19.00	Sports Hall	Sinead
Pilates (Beginners)	19.15	-	20.15	Studio	Frankey
Women's Circuit	20.00	-	20.45	Sports Hall	Tommy
Pilates (Improvers 1)	20.30	-	21.30	Studio	Frankey

TUESDAY

AM

Dance Aerobics	11.15	-	12.00	Sports Hall	Sinead
Bums n' Tums	14.15	-	15.00	Studio	Tommy

PM

Dance Aerobics	17.00	-	17.45	Sports Hall	Sinead
Spin Cycling	18.00	-	18.45	Studio	Alan
Pilates (Improvers 2)	19.00	-	20.00	Studio	Frankey
Aqua Fit	19.30	-	20.15	Pool	Marie
Boxercise – NEW!	20.15	-	21.00	Studio	Alan

WEDNESDAY

AM

Bums n' Tums	13.00	-	13.45	Studio	Marie
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PM

Kid's Classes	16.00	-	16.45	Studio	Sinead
Women's Circuits	17.15	-	18.00	Sports Hall	Tommy
Boxercise – NEW!	18.15	-	19.00	Studio	Alan
Dance Aerobics	19.15	-	20.00	Sports Hall	Sinead
Running Club	19.30	-	20.30	Track	Tommy
Spin Cycling	20.45	-	21.30	Studio	Sinead

THURSDAY

PM

Rebound – NEW!	17.00	-	17.45	Studio	Marie
Spin Cycling	18.00	-	18.45	Studio	Tommy
Fitness Circuits	18.15	-	19.00	Sports Hall	Alan
Yoga	19.00	-	20.00	Studio	Sadbh
Aqua Fit	19.15	-	20.00	Pool	Marie
Boxercise – NEW!	20.30	-	21.30	Studio	Alan

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

Timetable is subject to change.

All changes will be notified on our Noticeboard in Reception and on the Company Web Site.