



FITNESS CLASS TIMETABLE



**ALL CLASSES
RE-COMMENCING
9th JANUARY 2012***

MONDAY

9.45 am
AQUA FIT

Members Free!

5.00 pm
KID'S DANCE

7.00 pm
DANCE FIT

8.00 pm
RUNNING CLUB

TUESDAY

7.15 am
SPINNING (all levels)

Members Free!

10.00 am
PILATES (with Frankey)

** Starting 17.01.12*

1.10 pm
ABS BLAST

Members Free!

6.30 pm
SPINNING (all levels)

7.15 pm
AQUA FIT

WEDNESDAY

7.15 am
SPINNING (with Donal)

10.00 am
LADIES CIRCUIT TRAINING

Members Free!

1.10 pm
SPINNING (all levels)

5.00 pm
KID'S DANCE

6.30 pm
SPINNING (Beg. To Int.)

7.15 pm
DANCE FIT

8.00 pm
RUNNING CLUB

Running Club
€7 Per Session
€80 Per 10 Week Course
2 Nights Per Week

THURSDAY

7.30 pm
AQUA FIT

8.00 pm
PILATES (with Aideen)

** Starting 12.01.12*

FRIDAY

6.30 pm
SPINNING (all levels)

SATURDAY

12.00 pm
TOTAL BODY TONE

Members Free!

Pay & Play
€7 Per Class
€49 Per Course of 8
Kid's Dance - €5 Per Class

Members
All Classes €5 Per Class
€35 Per Course of 8

Pool Only Members
Aqua Fit €5/€35

Gym Only Members
Aqua Fit €7/49

Pilates
€48 Member - €60 Non Member
Per Course of 6

PLEASE NOTE

- * Block Bookings must be paid for in advance.
- * New attendees must complete a Health Screening Form.
- * Advance booking is recommended.
- * Class Fees are non-refundable and non-transferable.
- * Timetable is subject to change at short notice.