



## **FITNESS CLASSES**

<b>Monday</b>	<b>9.30am</b> <b>6.30pm</b>	<b>Weights for Woman</b> <b>BLT(Bums, Legs &amp; Tums)</b>
<b>Tuesday</b>	<b>9.30am</b> <b>11.45am</b> <b>6.30pm</b>	<b>Aqua Aerobics</b> <b>Cardio Intervals</b> <b>Pilates</b>
<b>Wednesday</b>	<b>9.30am</b> <b>10.30am</b> <b>6.30pm</b>	<b>Pilates</b> <b>Yoga</b> <b>Bootcamp</b>
<b>Thursday</b>	<b>9.30am</b> <b>6.30pm</b>	<b>BLT (Bums, Legs &amp; Tums)</b> <b>Cardio Kickboxing</b>
<b>Friday</b>	<b>9.30am</b> <b>11.00am</b> <b>6.30pm</b>	<b>Aqua Aerobics</b> <b>Cardio/Strength Circuit</b> <b>Yoga</b>
<b>Saturday</b>	<b>4.00pm</b> <b>11.00am</b>	<b>Bootcamp</b> <b>Teen Fit</b>

- ❖ Sign up for classes in advance - Tel 024 93095
- ❖ Pilates €5 per class
- ❖ Member €3 per class-Non Members €5 per class.(ex Yoga)

