



FITNESS CLASSES

Monday	9.30am 6.30pm	Weights for Woman BLT(Bums, Legs & Tums)
Tuesday	9.30am 11.45am 6.30pm	Aqua Aerobics Cardio Intervals Pilates
Wednesday	9.30am 10.30am 6.30pm	Yoga Yoga beginners HIIT-Fat burner
Thursday	9.30am 6.30pm	Pilates Toning
Friday	9.30am 6.00pm	Aqua Aerobics Yoga
Saturday	10.00am	Couch to 5K

- ❖ Sign up for classes in advance - Tel 024 93095
- ❖ Minimum of 4 for class to go ahead
- ❖ Pilates €5 per class
- ❖ Member €3 per class-Non Members €5 per class.(ex Yoga)