



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 11.30am 6.30pm	Pilates Yoga Yoga-Seniors Cardio Kickboxing
Thursday	9.30am 6.30pm	BLT (Bums, Legs & Tums) Toning
Friday	9.30am 11.00am 6.00pm	Aqua Aerobics Cardio/Strength Circuit Yoga
Saturday	4.00pm 11.00am	Bootcamp Teen Fit

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