

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 Zumba
Wednesday	9.30am 6.30pm	Yoga Bootcamp
Thursday	9.30am 6.30pm	BLT (Bums, Legs & Tums) Cardio Kickboxing
Friday	9.30am 11.00am 7.00 pm	Aqua Aerobics Cardio/Strength Circuit *Core and Cardio (45 mins)
Saturday	4.00pm 11.00am	Bootcamp Teen Fit

- ❖ Sign up for classes in advance - Tel 024 93095
- ❖ Members €3 per class (ex. Yoga) OR pay €10 for weekly pass
- ❖ Member €3 per class. Non-members €5 per class (ex. Yoga)