



FITNESS CLASSES

Monday	9.30am 6.30pm	Yoga with Vera BLT(Bums, Legs & Tums)
Tuesday	9.30am 6.30pm	Aqua Aerobics Pilates
Wednesday	10.45am 6.30pm	Yoga* HIIT
Thursday	10.00am 6.30pm	Pilates Toning
Friday	9.30am 6.00pm	Aqua Aerobics Yoga*
Saturday	11.00am	HIIT

- ❖ Minimum of 4 for class to go ahead, classes are 45 mins
- ❖ Classes are €7 for non-members and €3 for members
- ❖ Pilates €5 per class
- ❖ Weekly pass (Exc Pilates) Members-€10 Non Members-€15
- ❖ Yoga* is €40 for 4 classes valid for 5 weeks