

Class Timetable



© - Course class and requires payment in advance.

Please Note: Classes must be booked 24hrs in advance.

No admittance to class 5 mins after start time.

All classes - €7
30 mins classes €3.50

Pilates Course 6 weeks - €50

Yoga Course 6 weeks
Non Members €50.00
Members €40.00

Pay as you go

Non Members €10
Members €7







Monday

1.15-1.45pm	 Spin	Darren
6-7pm	 Yoga	Seamus
7-7.45pm	 Spin	Darren
8-8.45pm	 Aqua Fitness	Darren

Tuesday

9-9.30am	 Aquafit	
10-11am	 Yoga	Seamus
1.15-1.45pm	 Pilates ©	Mary
6.15-7pm	 Box Fit	Michael




Wednesday

10-10.45am	 Active Age	Mary
1.15-1.45	 Circuits	Any
6.15-6.45pm	 Abdomination	Michael
		

For More Information Call: 043 3346431

You are required to reserve your place in a class by leaving your name at reception 24hrs prior to commencement time.

Thursday

7-7.45am	 Early Bird Fitness
10-10.45am	 Pilates ©
1.15-1.45pm	 Spin
3-3.45pm	 Aqua Fitness
7-7.45pm	 Pilates ©

Friday

9.30-10am	 Deep water Aqua Fit
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€1 for Members to do Fitness Classes

Yoga Not included in this



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Sharon
Sharon Mc
Any
Darren
Mary

