

MONDAY

6.45am - 7.15am:	Spinning
8.30am - 9.10am:	Aqua
9.30am - 10.15am:	Bums & Tums
6.00pm - 6.45pm:	Beginners Pilates
7.00pm - 7.45pm:	Sports Pilates

TUESDAY

9.30am - 10.15am:	Kettlebells and Suspend
6.30pm - 7.30pm:	20 / 20 / 20
7.45pm - 8.30pm:	Spinning

WEDNESDAY

6.45am - 7.30am:	Body Blast Circuit
8.30am - 9.10am:	Aqua
9.30am - 10.15am:	Total Body Workout
6.00pm - 6.45pm:	Spin & Suspend
7.00pm - 8.00pm:	Kettlebells

THURSDAY

9.30am - 10.30am:	Spin & Core
7.15pm - 8.00pm:	Bums & Tums

FRIDAY

9.15am - 10.00am:	Pilates
10.15am - 11.00am:	Aqua
6.00pm - 6.45pm:	Friday Night Spin

SATURDAY

11am - 12pm:	Spinning Endurance
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SUNDAY

11.00am - 12pm:	Jungle Gym for Kids
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€8 PER CLASS FOR NON MEMBERS
T+C'S APPLY

061 328869



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