

MILLRACE HOTEL

Open Monday to Friday 7:00am to 9:30pm | Saturday & Sundays 9:00am to 7:30pm |

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am			Women's Only Workout 45mins				Splash Time 9am-11am
10:00am		Aqua Aerobics 45mins		Aqua Aerobics 45mins		Kids Swim Lessons 30mins	
11:00am	Mums & Tots Pool Session 60mins		Mums & Tots Pool Session 60mins	Body Tone 45mins	Mums & Tots Pool Session 60mins	Splash Time 11am-1pm	
12noon						Teen Cardio 12-2pm	
2:00pm							Teen Cardio 2pm-3pm
3:00pm						Splash Time 3pm-5pm	Splash Time 3pm-5pm
4:00pm		Kids Swim Lessons 30mins				Fitness Classes are FREE for all members €6 non-members Classes cater for all levels Beginners are welcome to all classes Swimming Lessons incur additional costs. Booking Essential Ask reception for details	
5:00pm			Teen Cardio 5pm-7pm		Splash Time 5pm-7pm		
7:00pm	Boot Camp 45mins	Hour of Power 60mins	Boot Camp 45mins	Circuit Training 45mins			
8:00pm	Tummy Time 30mins	Circuit Training 45mins	Tummy Time 30mins	Aqua Aerobics 45mins			

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