

Fitness Class Timetable

1 Hour

30 mins

	11:00am	12:00am	6.00pm	6.30pm	7.00pm	7.30pm	8.00pm	8.30pm	9.00pm	9.30pm
Monday	Aqua			Pilates		Yoga		Abs Blast	Zumba	
Tuesday	Aqua		Sculpt n Tone		Pilates		Step n Tone		Aqua	
Wednesday				Abs Blast	Boxercise		TRX			
Thursday	Aqua				Pilates		Step n Tone			
Friday				Yoga						

Prices

Per class
Member €3,
Non member €8

6 classes
Member €15,
Non member €40



TRX

€3 for members
€8 for non members



YOGA

€10 per class



PILATES

€70 for 6 classes



ZUMBA

€50 for 6 classes