

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|------------------------------------|----------------|--------------------------------|--------------------------------------|--|
| 10.00 | | Bums n Tums | Aqua Aerobics | | Aqua Aerobics |
| 11.00 | Step Aerobics | Aqua Aerobics | | Bums n Tums | Circuits |
| 4.00 P.M | Beginners Kids swimming | Kids fit | Beginners Kids Swim Lessons | | Kids Fit |
| 4.45 P.M | Intermediate Kids Swimming lessons | | Intermediate Kids Swim Lessons | | |
| 5.30 P.M | Advanced kids swimming lessons | | Advanced Kids Swim Lessons | | |
| 7.00 P.M | Aqua Aerobics & Kickboxing | Bums & Tums | Aqua Aerobics | Kick Boxing | <u>New</u> Men's Pool circuit training |
| 8.00 P.M | Beginners Adults Swim Lessons | Spinning | Circuits & Gents Spinning | Advanced Lane Swim & Ladies Spinning | |
| 9.00 P.M | Beginners Adults Swim Lesson | | | | |

New Zen Fitness and Leisure Class Timetable
Commencing 2nd March 2009

Red: Members only

Green: Open to non members and members – spaces limited!

Call us on 090 644 5850

Email: zen@athlonspringshotel.com

fitness and leisure