

AUTUMN TIMETABLE 2019

FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 - 10.00	Personal Training with Jay (Appointment only)	Personal Training with Jay (Appointment only)	Personal Training with Jay (Appointment only)	Personal Training with Jay (Appointment only)	Personal Training with Jay (Appointment only)	Personal Training with Jay (Appointment only)	Personal Training with Jay (Appointment only)
10.00 - 10.45	Ladies Only Fitness	Fitness Circuits 11am	Ladies Only BodyTone	Yoga with Daryl Belmour* 10 - 11.30		Spinning	
18.00 - 18.45	Body Tone	Fitness Circuits	Body Tone	BLT		Teen Gym 2pm	
19.00 - 19.45		Spinning 45	Spin Circuit	Spinning 45			
19.50 - 20.10		Core Blast					

POOL CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 - 7.30	Swim Lane Training	Swim Lane Training	Swim Lane Training	Swim Lane Training	Swim Lane Training	Swim Lane Training (8-9am)	Swim Lane Training (8-9am)
10.00 - 10.45		Aqua Aerobics		Aqua Aerobics		Aqua Aerobics 11am	
12.00 - 14.00	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Group Swim Lessons 12.30 - 1.30	Public Swimming
14.00 - 15.00	School Swimming	School Swimming	School Swimming	School Swimming	School Swimming	Group Swim Lessons 1.30 - 2.30	School Swimming
16.00 - 18.00		Group Swim Lessons	Group Swim Lessons	Group Swim Lessons			
19.00 - 19.45	Aqua Aerobics						

*FREE classes for members

Note: Swimming lessons; some areas of the pool may be closed off for a time period, but the pool remains open.

Core Blast

Bums , Legs & Tums

Spinning

Body Tone

Public Swimming

Personal Training

Swimming

Yoga: €10 members & €15 Non Members

Ladies Only Classes

Fitness Circuits

Teen Gym

Group Swim Lessons

Aqua Aerobics

Step Aerobics