



WINTER TIMETABLE 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00							
10.15							
17.00						TEEN GYM	
19.00	HIIT	BARBELL PUMP	SPIN/CIRCUIT				
20.15							
POOL CLASSES							
06.30							
10.15		AQUA AEROBICS			AQUA AEROBICS		
11.30						SWIM LESSONS	
14.00		SCHOOL SWIMMING	SCHOOL SWIMMING			SWIM LESSONS	
16.30	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS			SWIM LESSONS	
17.45	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS				
19.00			SWIM LESSONS	AQUA AEROBICS			
20.15	ADULT SWIM LESSONS		ADULT SWIM LESSONS				

MEMBERS €4 | NON MEMBERS €8

AQUA AEROBICS FREE TO MEMBERS €8 NON MEMBERS
TEEN GYM 6 WEEK COURSE €50 MEMBERS | €70 NON MEMBERS