

Autumn Fitness Class Timetable

Fitness & Toning

Monday

7.05am - 7.55am Bootcamp - David
10.30am - 11.30am Strictly Dance - Jane
6.05pm - 6.55pm Les Mills BodyPump - Jane
7.05pm - 7.55pm Yoga for Sport: Pre Book Course
8.05pm - 8.55pm Zumba Fitness - Jamie

Tuesday

11.00am - 12.00pm Legs-Bums-Tums - Diane
6.05pm - 6.55pm Les Mills BodyAttack - Orla
7.05pm - 7.55pm Les Mills BodyPump - Jane
8.05pm - 8.55pm Pilates Flow - Jane

Wednesday

7.05am - 7.55am Bootcamp - David
10.00am - 10.55am Pilates Flow - Jane
6.05pm - 6.55pm Les Mills BodyAttack - Ciara
7.05pm - 7.55pm Les Mills BodyPump - Richard
8.05pm - 8.55pm Zumba Step - Jamie

Thursday

9.30am - 10.20am ZumbaFitness - Jamie
10.30am - 11.15am Zumba Gold - Jamie
6.05pm - 6.55pm Les Mills BodyAttack - Orla
7.05pm - 7.55pm Bootcamp - David



BISHOPSTOWN

Indoor Cycling

Monday

5.05pm - 5.55pm Cycle&Tone - David
6.05pm - 6.55pm STAGES Indoor Cycle - Agata
7.05pm - 7.55pm STAGES Indoor Cycle - Agata

Tuesday

6.05pm - 6.55pm STAGES Indoor Cycle: Ciara
7.05pm - 7.55pm STAGES Indoor Cycle: David

Wednesday

5.05pm - 5.55pm STAGES Indoor Cycle - Diane
6.05pm - 6.55pm STAGES Indoor Cycle - Diane
7.05pm - 7.55pm STAGES Indoor Cycle - Maura
8.05pm - 8.55pm Stages Flight: Pre Book Course

Saturday

10.05am - 10.55am STAGES Indoor Cycle - Agata

Sunday

10.05am - 10.55am STAGES Indoor Cycle - Catriona

Aqua Aerobics

Monday

8.00pm - 8.45pm Aqua Aerobics - Jane

Tuesday

10.40am - 11.25am Aqua Aerobics - Giada

Wednesday

1.00pm - 1.45pm Aqua Aerobics - Brigid
8.00pm - 8.45pm Aqua Aerobics - Giada/Benita

Friday

10.40am - 11.25am Aqua Aerobics - Jane

Book and pay for classes at
www.leisureworldcork.com