

WINTER 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
8.05pm - 8.55pm Zumba Fitness - Jamie

Tuesday

11.00am - 12.00pm Legs-Bums-Tums - Diane
6.05pm - 6.55pm Bootcamp - David NEW
7.05pm - 7.55pm LesMills BodyPump - Jane
8.05pm - 8.55pm Pilates Flow - Jane

Wednesday

10.00am - 10.55am Pilates Flow - Jane
3.00pm - 3.45pm Zumba KIDS - Jamie NEW
6.05pm - 6.55pm Circuits - Ciara NEW
7.05pm - 7.55pm Les Mills BodyPump - Richard
8.05pm - 8.55pm Zumba Step - Jamie

Thursday

10.00am - 11.00am Beginner Zumba - Jamie NEW
6.05pm - 6.55pm Bootcamp - David

Saturday

1.00pm - 2.00pm Teen Fit - Colin NEW



LeisureWorld

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 - Maura

Tuesday

5.45pm - 7.15pm TRI-Swim-Cycle: Tomas NEW
7.15pm - 8.15pm STAGES Indoor Cycle: David NEW

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 NEW

Saturday

10.05am - 10.55am STAGES Indoor Cycle- Maura

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
7.00pm - 7.45pm Aqua Aerobics - David K NEW

Wednesday

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

Thursday

1.00pm - 1.45pm Aqua Aerobics - Giada NEW

Friday

10.40am - 11.25am Aqua Aerobics - Jane