

2018 CLASS TIMETABLE

BISHOPSTOWN

PRICES

Members €4 // P.A.Y.G. Adult €8.50
P.A.Y.G. Student €6 // P.A.Y.G. OAP €6

FITNESS + TONING

MONDAY

7.05am - 7.55am	Bootcamp	David
6.05pm - 6.55pm	Les Mills BodyPump	Jane
8.05pm - 8.55pm	Zumba Fitness	Jamie

TUESDAY

11.00am - 12.00pm	Cycle & Tone	Diane
6.05pm - 6.55pm	Bootcamp	David
7.05pm - 7.55pm	LesMills BodyPump	Jane

WEDNESDAY

9.30am - 10.15am	Pilates Flow	Jane
10.15am - 11.00am	Pilates Flow	Jane
3.15pm - 3.55pm	Zumba KIDS	Jamie
6.05pm - 6.55pm	Legs Bums & Tums	Diane
7.05pm - 7.55pm	Les Mills BodyPump	Richard
8.05pm - 8.55pm	Zumba Fitness	Jamie

THURSDAY

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

SATURDAY

1.00pm - 2.00pm	Teen Fit	Colin
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AQUA AEROBICS

MONDAY

8.00pm - 8.45pm	Aqua Aerobics	Jane
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TUESDAY

10.40am - 11.25am	Aqua Aerobics	Giada
7.00pm - 7.45pm	Aqua Aerobics	David K

WEDNESDAY

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

FRIDAY

10.40am - 11.25am	Aqua Aerobics	Jane
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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

11.00am - 12.00pm	Cycle & Tone	Diane
5.45pm - 7.15pm	TRI-Swim-Cycle	Tomas
7.15pm - 8.15pm	STAGES Indoor Cycle	David

WEDNESDAY

5.05pm - 5.55pm	STAGES Indoor Cycle	Diane
6.05pm - 6.55pm	STAGES Indoor Cycle	Ciara
7.05pm - 7.55pm	STAGES Indoor Cycle	Maura
8.05pm - 8.55pm	STAGES Flight	Richard

SATURDAY

10.05am - 10.55am	STAGES Indoor Cycle	Maura
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SUNDAY

10.05am - 10.55am	STAGES Indoor Cycle	Catriona
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LeisureWorld

EVERYBODY BELONGS

LEISUREWORLD BISHOPSTOWN

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