

SUMMER CLASS TIMETABLE



Fitness & Toning

Monday

6.05pm - 6.55pm Les Mills BodyPump - Jane
8.05pm - 8.55pm Zumba Step - Jamie

Tuesday

11.00am - 12.00pm Staying Fit For The Future - Aoife
12.30pm - 1.30pm EIR- Brighid
6.05pm - 6.55pm Bootcamp - David
7.05pm - 7.55pm LesMills BodyPump - Jane

Wednesday

9.30am - 10.15am Pilates Flow - Jane
6.05pm - 6.55pm Legs, Bums & Tums - Diane
8.05pm - 8.55pm Zumba Fitness - Jamie

Thursday

11.30am - 12.30am Senior Strength - Colin
6.05pm - 6.55pm Bootcamp - David

Indoor Cycling

Monday

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

Tuesday

6.05pm - 6.55pm Indoor Cycling - Tomas
7.15pm - 8.15pm Indoor Cycling - David

Wednesday

5.05pm - 5.55pm Indoor Cycling - Diane
6.05pm - 6.55pm Indoor Cycling - Agata
7.05pm - 7.55pm Indoor Cycling - Maura

Saturday

10.05am - 10.55am Indoor Cycling- Maura

Sunday

10.05am - 10.55am Indoor Cycling - Catriona

Aqua Aerobics

Monday

8.00pm - 8.45pm Aqua Aerobics - Jane

Tuesday

10.40am - 11.25am Aqua Aerobics

Wednesday

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

Thursday

7.00pm - 7.45pm Aqua Aerobics

Friday

10.40am - 11.25am Aqua Aerobics - Jane