

Class Timetable

Monday	9.30am Body Tone 40mins	10.15am *Yoga* 1hr	10:30am Aqua Aerobics 30mins		6.00pm Indoor Cycling 45mins		
Tuesday	9.30am Wake up! Spin 30mins		10:30am Aqua Aerobics 30mins	3.00-6.00pm *Childrens Swim Lessons*(2 lanes) Members (1 lane)	6.00pm Circuits 45 mins		
Wednesday	9.30am Body Tone 45mins		10.30am Aqua Aerobics 30mins	2.45-6.15pm *Childrens Swim Lessons *(2 lanes) Members (1 lane)	6.00pm Spin & Circuits 45 mins	7.15pm *Yoga* 1hr	8.15pm *Yoga* <i>(Beginners)</i> 1hr
Thursday	9.30am Spin & Circuits 45mins		10:30am Aqua Aerobics 30mins		6.00pm Indoor cycling 45mins		
Friday	9.30am Body tone/Circuits 45mins		10.30am Aqua Aerobics 30mins	Saturday	10.15am-3.15pm *Childrens Swim Lessons*(2 lanes) Members (1 lane)		

Please Note:

All classes must be **pre-booked** at reception.

Class schedule may vary from time to time.

Each class needs minimum 3 participants to go ahead.

For safety & hygiene purposes, a towel and water are compulsory.

Please sanitise all equipment before and after use.

Instructors reserve the right to deny late-comers to a class.

**Extra charge for Yoga-Non Members €10 per class- Members get a discount-enquire at reception