



# Group Fitness Timetable

**NEW!**

MAY 1<sup>ST</sup> 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am - 10.15am	50/50	15-15-15 BLAST		PUMP IT	
11.15am - 12.00pm	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT
1.00pm - 1.45pm	BUGGY FIT	HARD CORE (30min class)			
6.00pm - 6.45pm		AQUA FIT			AQUA FIT
6.30pm - 7.15pm	BOOTCAMP	50/50	PLYO RIP	CORDIO	
7.30pm - 8.15pm	PUMP IT		SST		

Non Members - 45min class €7/30min class €5 | Members- 45min class €4/30min class €3  
| Aqua Fit free for members

Opening Hours: Monday - Friday 7am - 10pm | Saturday - Sunday 9am - 8pm. Contact: 057 9120791