

Find the class that suits your lifestyle



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6.30am till 10am	06:45-07:30 Gym	Spin Tracy	06:45-07:30 1	Circuit Robert	06:40-07:40 Gym	Spin Tracy	06:45-07:30 Gym	Spin Tracy						
					09:15-10:15 1	Circuit Robert		09:30-10:15 1	Cardio Blast Louise	09:30-10:15 Gym	Spin Roisin			
	09:30-10:30 1	Pump Louise	09:30-10:15 Gym	Spin David				09:45-10:30 1	Dancercise Seaneen					
	10:30-11:30 Ki	Pilates Roisin						09:45-10:45 1	Combat Louise					
DAYTIME 10am till 5pm	10:30-11:30 1	Combat Matt	10:30-11:30 Pool	Aqua Marina	10:15-11:15 1	LBT Heather	10:30-11:30 Ki	Pilates Marina	10:30-11:30 1	LBT Seaneen	10:30-11:30 1	Pump Louise	10:30-11:15 1	Spin Gym Team
			10:30-11:15 1	Blast fx Roisin	10:30-12:00 Ki	Yoga Janet	11:00-11:45 Gym	Spin Jonathan	10:30-12:00 Ki	Yoga Miriam	10:30-11:30 Ki	Pilates Marina	10:30-11:30 Ki	Pilates Roisin
	12:30-13:15 Gym	Spin Gym Team	10:30-12:00 Ki	Yoga Janet	12:30-13:15 Gym	Spin Stephen	11:45-12:45 Pool	Aqua Jonathan	12:30-13:15 Gym	Spin Gym Team	11:30-12:15 Gym	Spin Natasha	11:30-12:30 1	Pump Claire
EVENING 5pm till 10pm	18:15-19:15 1	Pump Louise	18:00-19:00 1	Attack Seaneen	17:30-18:30 1	Pump Louise	17:30-18:15 Gym	Spin Nikki	17:45-18:30 Gym	Spin Gym Team				
	18:15-19:15 Ki	Yoga Grainne	18:30-19:15 Gym	Spin Gym Team	18:15-19:00 Gym	Spin Roisin	18:00-19:00 1	Circuit Robert	18:30-19:30 1	Zumba Laura				
	18:30-19:15 Gym	Spin Natasha	19:00-20:00 1	Step Seaneen	18:30-19:15 1	LBT Louise	18:30-19:15 Gym	Spin Gym Team						
	19:30-20:30 1	Combat Louise	19:00-20:00 Ki	Pilates James	19:15-20:00 1	Core Ball Roisin	18:30-19:30 Ki	Pilates Tracy						
		19:30-20:15 Gym	Spin Gym Team	19:30-21:00 Ki	Astanga yoga Ronnie	19:15-20:15 1	Combat Matt							
		20:00-21:00 1	S.A.G. Natasha											

A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

