



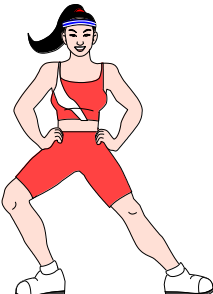





OCTOBER FITNESS CLASS TIMETABLE

<u>MONDAY</u> MORNING	<u>TUESDAY</u> MORNING	<u>WEDNESDAY</u> MORNING	<u>THURSDAY</u> MORNING	<u>FRIDAY</u> MORNING
10.15 –11 AM AQUA AEROBICS	10.30 –11 AM STEP 11 - 12 PM BODY TONE	10.00– 10.45 AM INDOOR CYCLE 11AM - 11.30 AM B.L.T. (BUMS,LEGS,TUMS)	10 –11AM STEP AND TONE 11.15 - 11.45PM NIFTY @ 50	10.15—11 AM AQUA AEROBICS 11.30-12PM B.L.T. (BUMS,LEGS,TUMS)
EVENING	EVENING	EVENING	EVENING	EVENING
7 –8 PM STEP AEROBICS 8.15 - 9.00 PM BODY TONE	7– 7.45PM INDOOR CYCLE & AB ATTACK 8-8.45PM AQUA AEROBICS 8.15- 9PM KETTLEBELL CIRCUIT (MEN ONLY)	7-8 PM STEP & KETTLEBELL'S 8-8.45 PM INDOOR CYCLING 8.15-8.45 PM BODY TONE	7-7.45 PM CORE STABILITY & AB BLAST 8-8.45 PM INDOOR CYCLE	7.30-8.15 PM BEGINNER ADULT SWIMMING LESSON (€10 PER LESSON)
		 	 	 

Places are limited so please sign up for classes at reception.
Please be on time when attending classes.