

# June 2017 Timetable

## Studio 1 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am		Boot Camp		Boot Camp		
10:00 am	Body Sculpt		Body Sculpt		Body Sculpt	Step & Tone
5:15 pm	Body Conditioning	BLT			Strength & Conditioning	
6:00 pm	Step & Tone	Body Solid	Strength & Conditioning	Step & Tone		
7:00 pm	Barbell Fit	Pilates	Body Weight Fit	Circuit Fit		

## Studio 2 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am			Spin		Spin	
9:30 am		Spin		Spin		
10:30 am	I Iam Spin	Spin		Spin		
5:00 pm						
6:00 pm	Spin	Spin	Spin	Spin		
7:00 pm		Spin Ultimate Burn	Spin			

## Workout of the Day

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am	WOD	WOD	WOD	WOD	WOD
1:30 pm	WOD	WOD	WOD	WOD	WOD
7:30 pm	WOD	WOD	WOD	WOD	WOD

## Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am			Aqua*		Aqua*	Club Lessons
10:00 am	Aqua*			School Lessons		Club Lessons
11:00 am	10:30am Water Babies (till 12pm)		School Lessons	School Lessons		
12:00 pm				1pm School Lessons		
3:15-5:30 pm			Club Lessons	Club Lessons	Club Lessons	
5:30-6:15 pm			Rookies	Rookies	Club Lessons / Rookies	
7:00 pm	Aqua*	Adult Lessons				

Description	Mem	Non
AM Classes	Free	€9
PM Classes	Free	€9
Step & Tone	Free	€9
Circuits	Free	€9
BLT	Free	€9
Body Solid	Free	€9
Cardio Tone	Free	€9
Strenght & Tone	Free	€9
Spin Ultimate Burn	Free	€9
Spin	Free	€9
Ultimate Fitness	Free	€9
HIIT	Free	€9
Circuit X HIIT	Free	€9
Body Sculpt	Free	€9

Specialist Classes	Mem	Non
Aqua	€3	€6
Yogalates	€7	€9
45Minutes Classes		
Body Tone	Free	€7
Swimming Lessons		
Adults	€80	€80
Children		€65

**All Studio Fitness Classes Free for Members**

Please bring a towel and bottle of water to classes. Notify your instructor of any Medical conditions you may have before class starts. Classes may be booked in advance. Booking opens 24 hours before class. If you do not attend a class you have booked without prior notice you will get a suspension from the class or a cost may be incurred. A minimum of 4 people are required for classes to proceed. This timetable is subject to change without notification charge.

\*Terms and conditions apply



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