



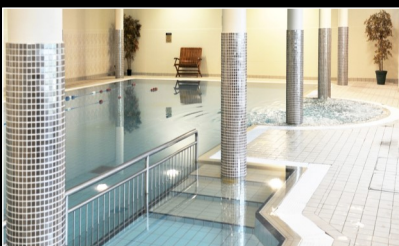
Weekly Fitness Timetable

Monday	
11 - 11.45am	Aqua Aerobics (M)
3.30 - 4.15pm	Kids Swim Lesson
4.15 - 5.00pm	Kids Swim Lesson
5.00 - 5.45pm	Kids Swim Lesson
5.45 - 6.30pm	Kids Swim Lesson
7 - 8pm	Circuits (M)
8 - 8.45pm	Pilates 6 Week Course



Please see reverse for Class descriptions
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For hygiene purposes, please always bring a small towel for every class you attend

Tuesday	
11am - 12pm	Keep Active (M)
3.15 - 4pm	Kids Swim Lesson
4 - 4.45pm	Kids Swim Lesson
4.45 - 5.30pm	Kids Swim Lesson
5.30 - 6.15pm	Kids Swim Lesson
7 - 7.45pm	Muscle & Steam (M)
8 - 8.45pm	Aqua Aerobics (M)



Wednesday	
6.45 - 7.15am	Body Design (M)
7.30 - 8am	Technique Time (M)
11 - 11.45am	Aqua Aerobics (M)
3.15 - 4pm	Kids Swim Lesson
4 - 4.45pm	Kids Swim Lesson
4.45 - 5.30pm	Kids Swim Lesson
5.30 - 6.15pm	Kids Swim Lesson
7 - 7.45pm	Boxercise (M)
7.30 - 8pm	Adult Swim Lesson
8 - 8.30pm	Adult Swim Lesson

Thursday	
11am - 12pm	Keep Active (M)
3.15 - 4pm	Kids Swim Lesson
4 - 4.45pm	Kids Swim Lesson
4.45 - 5.30pm	Kids Swim Lesson
5.30 - 6.15pm	Kids Swim Lesson
7 - 7.45pm	Pilates 6 Week Course
8 - 8.45pm	Sport Aqua (M)



Friday	
6.45 - 7.15am	Body Design (M)
7.30 - 8am	Technique Time (M)
11 - 11.45am	Aqua Aerobics (M)
4.30 - 5.15pm	Swim Club
7 - 7.45pm	Boxercise (M)

Saturday	
8.50 - 9.30am	Swim Club
9.30am - 10.15am	Kids Swim Lesson
10.15 - 11am	Kids Swim Lesson
11am - 11.45am	Kids Swim Lesson
11.45am - 12pm	Kids Swim Lesson



All classes **MUST** be pre-booked directly at Leisure Club Reception or by calling 044 93 49305
You can also Message us on our Facebook Page • Non-Members class prices are €10
Pilates runs in blocks of 6 weeks and is €60 for Members and €90 for Non-Members

(M) Free for Members	Beginner	Improver	Intermediate	Advanced
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Opening Hours Monday - Friday 6.30am - 9.15pm • Saturday, Sunday & Bank Holidays 7.30am - 8.15pm