

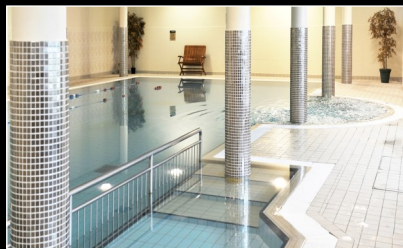


Weekly Fitness Timetable

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)



Tuesday	
11am - 12pm	Circuits (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	Kettle & Core (M)
8 - 8.45pm	Aqua Aerobics (M)



Wednesday	
7 - 7.30am	HIIT
7.30 - 7.55am	Core & Tone (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 - 8pm	Circuits (M)
8 - 9pm	Adult Swim Lessons (Enquire at Leisure Club Reception)

Thursday	
11am - 12pm	Circuits (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	Kettle & Core (M)
8 - 8.45pm	Aqua Aerobics (M)



Friday	
7 - 7.30am	HIIT
7.30 - 7.55am	Kettle & Core (M)
11 - 11.45am	Aqua Aerobics (M)
4.30 - 5.15pm	Swim Club
7 - 8pm	Circuits (M)

Saturday	
9.15 - 10am	Swim Club
1 - 1.45pm	Kids Swim Lesson
1.45 - 2.30pm	Kids Swim Lesson
2.30 - 3.15pm	Kids Swim Lesson
3.15 - 4.00pm	Kids Swim Lesson



For hygiene purposes, please always bring a small towel for every class you attend.

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

(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