

Class Timetable Spring/Summer 2010

monday	tuesday	wednesday	thursday	friday	saturday
	11.00 - 12.00 Gentle Yoga		12.45 - 13.30 Spinning		10.30 - 11.30 Pregnancy Fit <i>(3 to 9 months)*</i>
12.45 - 13.30 Tone Zone	12.45 - 13.30 Spinning		17.00 - 18.00 Pregnancy Fit <i>(3 to 9 months)*</i>	12.45 - 13.30 Bosu Core	
17.30 - 19.00 Yoga Vinyasa Flow	18.00 - 19.00 Step'n'Twist	18.00 - 19.30 Yoga for Fitness	18.30 - 19.30 Circuit Training	18.15 - 19.15 Spinning Advanced	
18.30 - 19.30 Bosu Cardio	19.00 - 20.00 Pole Fitness Beginners*	18.00 - 19.00 Funky Hip Hop	19.30 - 20.00 ABS Blast	19.15 - 19.30 Six Pack Extreme	
19.30 - 20.00 ABS Blast	20.00 - 21.00 Pole Fitness Intermediate*	19.00 - 19.15 Six Pack Extreme	19.00 - 21.00 Pole Fitness Beginners x 2*		

classes and times are changeable and booking your place in the class is advisable to avoid disappointment
members & hotel guests complimentary and non-members €15 per 30 min to 1hr class
classes marked with a * are not complimentary and course fee will apply

Pool Timetable Spring/Summer 2010

monday	tuesday	wednesday	thursday	friday	saturday
14.00 - 14.30 Baby & Parent Swimming*	14.00 - 14.30 Baby & Parent Swimming*	10.30 - 11.00 Baby & Parent Swimming*	10.00 - 10.30 Toddler & Parent Swimming*	15.00 - 15.45 Kids Splash Time	12.00 - 12.30 Toddler & Parent Swimming*
	19.15 - 20.00 Aqua Circuit	13.00 - 13.30 Aqua Fit	10.30 - 11.00 Baby & Parent Swimming*	17.00 - 17.45 Mums to be Aqua Fit*	