

Class Timetable 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00-11.00am Cardio Tone	07.15-08.00am Body Conditioning	10.00-11.00am Yoga Pilates			
12.45-1.30pm Spinning & Abs	12.45-13.30pm Pilates		12.45-13.30pm Pilates	12.45-13.30pm Cardio Tone	11.00-12.00pm Spinning & Abs
5.15-6.00pm Body Burn	4.30-5.15pm Fit Teens	5.15-6.00pm Bosu Workout			
6.00-7.00pm Bootcamp Extreme	6.00-7.00pm Body Conditioning	6.00-7.00pm Step Session	6.00-7.00pm Cardio Pilates	6.00-7.00pm Spinning & Abs	
	7.00-8.00pm Spinning	7.00-8.00pm Survivor Circuit	7.00-8.00pm Bootcamp Extreme		

Pool Timetable 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.15-12.00pm Aqua Aerobics			10.00-10.45am Aqua Aerobics		12-12.30pm Baby & Parent Swimming*
	2.00-2.30pm Baby & Parent Swimming*	1.00-1.40pm Aqua Aerobics			12.30-1.00pm Toddler & Parent Swimming*
	7.15-8.00pm Aqua Aerobics		7.15-8.00pm Aqua Aerobics		

Call: 091 538525

Visit: www.radissonhotelgalway.com

Email: leisure.spiritone@radissonblu.com

* This class is not complimentary, an additional fee will apply.