
















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15-8.00	7.15-8.00	7.15-8.00	7.15-8.00	7.15-8.00		
Spin & Core 	Express Spin 		Total Body Fitness 	Spin & Core 		
9.30-10.15	9.30-10.15	9.30-10.15	9.30-10.00		9.30-10.15	9.30-10.15
Aqua Aerobics 	Total Body Fitness 	Spin & Core 	Express Spin 		Spin & Core 	Total Body Fitness 
18.30-19.00	18.30-19.15	18.30-19.15	19.15-20.00	18.30-19.15		
Express Spin 	Spin & Core 	Total Body Fitness 	Aqua Aerobics 	Total Body Fitness 		

Classes start Monday 10th October to Thursday 22nd of Dec

Booking Policy

1. Classes can be booked from 6am the week before on Monday-Friday and 8.30am on Saturdays and Sundays (Book on 021-4890750)
2. Continuously booking classes and not turning up can be frustrating for fellow class users looking to get a space. Please inform us if you're unable to attend the class you are booking in for. Failure to do so on a regular basis may result in temporary suspension from booking classes.
3. If you arrive late to a class please note your space may **NOT** be guaranteed
4. All classes require a minimum of 3 or more participants.
5. Current class timetable will run from Monday 10th October – Thursday 22nd Dec.
6. Off peak members may only attend classes during off peak times.
7. We will review classes on a monthly basis and **may change the timetable to meet demand.**

Classes Explained

Express Spin: 30 mins cycling class

Spin & Core: Cycling class, with core exercises for an added work out.

Total Body Fitness: Full body workout!

Aqua: A fun and engaging mix of exercises in the pool, benefitting muscle and cardiovascular system.