
















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15-7.45	7.15-7.45	7.15-8.00	7.15-8.00	7.15-7.45		
Express Spin 	Express Spin 	Spin & Core 	Total Body Fitness 	Express Spin 		
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 		Express Spin 		Spin & Core 	Total Body Fitness 
18.30-19.00	18.30-19.15	19.15-20.00	18.30-19.15	18.30-19.00		
Express Spin 	Spin & Core 	Aqua Aerobics 	Spin & Core 	Express Spin 		

Classes start Monday 5th September 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 5th September – 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.