

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AQUA COMBAT/DISC 9.00 - 10.00 WITH SUE	AQUA DUMBBELLS 9.00 - 10.00 WITH SUE	AQUA TABATA 9.00 - 10.00 WITH SUE	AQUA DUMBBELLS 9.00 - 10.00 WITH SUE	AQUA TABATA 9.00 - 10.00 WITH SUE		September&October classes All classes are free to members. Non members 7Eu. Classes are not included in swim only membership or day passes
PILATES 8.30 - 9.30 WITH KATHY	Tennis Coaching 9.00--10.30 With Nic		Active After 60 9.15 - 10.00 WITH PETE	Tennis Coaching 9.00--10.30 With Nic	H.I.I.T 10.00 - 11.00 WITH NICK	
		FITBALL-ALL LEVELS 8.30 - 9.30 WITH KATHY		Meditation&Mindfulness 10.30--11.30 With Carol		
DANCERCISE 9.45 - 10.45 WITH ALI	BODY COMBAT 9.30 - 10.30 WITH VIKI	ABSOLUTE ABS 9.45 - 10.30 WITH NICK				
		Bootcamp 10.45-11-30 WITH NICK				
	GYM CIRCUITS 10.00 -11.00 WITH NICK	CIRCUITS BEGINNERS 11.45 - 12.30 WITH NICK	ZUMBA 10.00 - 11.00 WITH VIKI	TRX 10.00 -11.00 WITH NICK		
YOGA-INTERMEDIATE 11.00 - 12.00 WITH DEBBIE	BODYSHAPE 10.30 - 11.30 WITH VIKI	ZUMBA(outdoor) 10.30 - 11.30 WITH SUE				
STRENGTH TRAINING 11.00 - 12.00 WITH NICK	PILATES-ALL LEVELS 11.45 - 12.55 WITH KATHY	YOGA-BEG/INTER 12.30 - 1.30	LEGS, BUMS & TUMS 11.15 - 12.15 WITH VIKI	DANCERCISE 11.15 - 12.15 WITH ALI		
	KIDS ZUMBA 16.30 - 17.30 5EU PER CHILD		KIDS ZUMBA 16.30 - 17.30 5EU PER CHILD			

# September&October Classes

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