

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WINTER 2018 All classes are free to members. Non members 7Eu. Classes are not included in swim only membership or day passes
AQUA COMBAT/DISC 9.00 - 10.00 WITH SUE	AQUA PYRAMID 9.00 - 10.00 WITH SUE	AQUA TABATA 8.00 - 9.00 WITH SUE	AQUA PYRAMID 9.00 - 10.00 WITH SUE	AQUA TABATA 8.00 - 9.00 WITH SUE		
PILATES 8.30 - 9.30 WITH KATHY	TENNIS COACHING 9.00 - 10.30 WITH NIK	AQUA COMBAT & DISC 9.00 - 10.00 WITH SUE		AQUA COMBAT & DISC 9.00 - 10.00 WITH SUE	H.I.I.T 10.00 - 11.00 WITH NICK	
		FITBALL 8.30 - 9.30 WITH KATHY		PILATES - ADVANCED 8.45 - 9.45 WITH KATHY		
DANCERCISE 9.45 - 10.45 WITH ALI	BODY COMBAT 9.30 - 10.30 WITH VIKI	ABSOLUTE ABS 9.45 - 10.30 WITH NICK	Meditation & Mildfulness 10.30 - 11.30 WITH CAROL	TENNIS COACHING 9.00 - 10.30 WITH NIK		
	GYM CIRCUITS 10.00 - 11.00 WITH NICK	BOOTCAMP 10.45 - 11.30 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	CIRCUITS BEGINNERS 11.45 - 12.30 WITH NICK	RELAX/MEDIATION 10.30 - 11.30 WITH CAROL			
STRENGTH TRAINING 11.00 - 12.00 WITH NICK	PILATES-ALL LEVELS 11.45 - 12.55 WITH KATHY	ZUMBA 10.30 - 11.30 WITH SUE	LEGS, BUMS & TUMS 11.15 - 12.15 WITH VIKI	DANCERCISE 11.15 - 12.15 WITH ALI		
		YOGA-BEG/INTER 12.30 - 1.30 WITH DEBBIE				
	KIDS ZUMBA 16.30 - 17.30 5EU PER CHILD		KIDS ZUMBA 16.30 - 17.30 5EU PER CHILD			
SWIMMING LESSONS: 1 LANE AVAILABLE						
Monday 11.00 - 11.30 (toddlers), 3.00 - 4.00 (4 years) ** Tuesday 4pm - 5pm (5 - 8 years)						
** Wednesday 3.00 - 6.00 (4 - 9 years), Thursday 4pm - 6pm (3 - 8 years) ** Friday PM (private) ** Saturday 9.00 - 2.00pm					11:00	