

## MONDAY

Time	Class	Duration	Studio
06:30	Spin H.I.I.T	30 mlns	Spin Studio
09:30	Power Punch	45 mins	Main Studio
10:30	Aqua Aerobics	45 mlns	Pool
17:30	Spln	45 mins	Spin Studio
18:30	Lower Body Blast	45 mlns	Main Studio

#### WEDNESDAY

Time	Class	Duration	Studio
06:30	Circuits	30 mlns	Astro Area
09:30	Spin	45 mins	Spin Studio
10:30	Stretch & Flex	30 mlns	Main Studio
17:30	<b>Body Blast</b>	45 mins	Main Studio
18:30	<b>Aqua Aerobics</b>	45 mins	Pool

### FRIDAY

Time	Class	Duration	Studio
09:30	Body Blast	45 mlns	Main Studio
18:30	Spin	45 mlns	Spin Studio

## TUESDAY

Tlme	Class	Duration	Studio
09:30	Stretch & Flex	30 mlns	Main Studio
10:15	<b>Aqua Aerobics</b>	45 mins	Pool
17:30	Circuits	45 mins	Astro Area
18:30	Spin	45 mins	Main Studio

### THURSDAY

Time	Class	Duration	Studio
09:30	Stretch and Flex	30 mlns	Main Studio
10:30	Aqua Aerobics	45 mins	Pool
17:30	Power Punch	45 mins	Spin Studio
18:30	Circuits	45 mins	Astro Area
D'ALLES			

### SATURDAY

Time	Class	Duration	Studio
09:30	Lower Body Blast	45 mins	Main Studio
10:30	Stretch & Flex	30 mins	Main Studio
11:15	Circuits	30 mins	Astro Area

# YOGA AND PILATES

Time	Level	Duration	Studio
Tuesday 10:30	Yoga All Levels	55 mins	Main Studio
Tuesday 17:30	Beginner Pilates	55 mins	<b>Main Studio</b>
Tuesday 18:30	Intermediate Pilates	55 mins	Main Studio
Tuesday 19:30	Advanced Pilates	55 mins	Main Studio

YOGA and PILATES is at an additional charge: YOGA:Pay as you go: €12 for members / €17 non-members Or 4 weeks upfront: €40 for members/ €60 for non-members

> PILATES €30 for 6 weeks for members PILATES €60 for 6 weeks for non-members