

## Class Timetable April / May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin & Core with DR 10am-10:45am			Spin & Core with COB 10am-10:45am		Swim Lessons 9.30am to 11:45am	<b>WATERBABIES</b> 9:30am to 12:30pm
	Aqua Fit with MY 11am-11:45am	Aqua Fit with MY 11am-11:45am	Aqua Fit with MY 11am-11:45am	Pool Private Rental Windmill TT 10:30am-12pm		Private Hire 11am-12.30pm In the HPC
Aqua Fit with ES 1pm-1:45pm				Aqua Fit with DH 1pm-1:45pm		
Swim Lessons 4pm- 4:45pm	Swim Lessons 4pm- 4:45pm	Swim Lessons 4pm- 4:45pm	Swim Lessons 4pm- 4:45pm	Swim Lessons 4pm- 4:45pm	Swim Lessons 3pm- 3:45pm & 4pm- 4:45pm	
Pilates with ES 6pm-6:45pm	Spin & Core with DR 6pm-6:45pm	Spin & Core with DR 6pm - 6:45pm	Bootcamp with DH 6pm in HPC	Spin & Core with DR 6pm- 6:45pm		
Bootcamp with DH 7pm in HPC	Bootcamp with DH 6pm in HPC Private Hire 7pm-8pm in the HPC	Adult Swim with AM 7pm-7.45pm	Bootcamp with DH 7pm in HPC	Pilates with ES 7pm-7:45pm		
					<b>CLOSED</b>	<b>CLOSED</b>

All fitness classes **must be** pre booked due to limited spaces

Fitness Assessments by appointment only.

Class Loyalty cards available: ask at reception for more info

Please arrive 10 minutes before class start time & sign in at reception

**Class fees to be paid before class commences**

Swim lessons run in 6 week blocks, for more info enquire at reception

Pilates in Studio	Spinning in Studio	Pool class	External Instructor in HPC	HPC Class
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Members using HPC must leave **15 Mins before** classes commence

ES denotes "Elaine Scallan"

DH denotes "Darren Healy"

DR denotes "Darren Redmond"

HPC denotes "High Performance Centre"

AS denotes "Amby Stafford"

MY denotes "Marie Yorke"

AM denotes "Aaron Meyler"

COB denotes "Cathal O'Brien"

Pool will be open for members and non-members at all times.

A class may be cancelled if we have insufficient numbers

For more info call us on:

**\*Subject to change\***

053 91 74217