

**Please note:** At present, the fitness studio is not available for casual use or to persons under 18 years of age. Please call us for details of membership (tel: 457 4858).

However, classes are open to both members & non-members and, where appropriate, persons under 18.

## Clondalkin Leisure Centre Classes and Courses ( Autumn / Winter 2008-09 )

Monday	Location	Time	Duration	Level
Combination Work Out	Aerobic Studio	10.00am		
Spin	Spin Studio	6.00pm		
Step-n-Tone	Aerobic Studio	7.00pm		
FitBall	Aerobic Studio	8.00pm		
Beginners Aerobic Class	Aerobic Studio	9.00pm		
Spin	Spin Studio	9.00pm	45 mins	

Tuesday	Location	Time	Duration	Level
Spin	Spin Studio	10.00am	45 mins	
Spin	Spin Studio	6.00pm	45 mins	
Step	Aerobic Studio	7.00pm		
Aerobics	Aerobic Studio	8.00pm		
Begin2Spin	Spin Studio	9.00pm	45 mins	

Wednesday	Location	Time	Duration	Level
Step-n-Tone	Aerobic Studio	10.00am		
Body Sculpt	Aerobic Studio	6.00pm		
Khai-Bo		7.00pm	45 mins	
Begin2Spin	Spin Studio	8.00pm	45 mins	

Thursday	Location	Time	Duration	Level
Tums-Buns & Thighs	Aerobic Studio	10.00am		
Tums-Buns & Thighs	Aerobic Studio	7.00pm		
Circuit Training	Fitness Studio	8.00pm		
50/50 Workout (Spin & FitBall)	Fitness/Spin Studio	9.00pm	45 mins	

Friday	Location	Time	Duration	Level
Aerobic Circuit	Spin Studio	10.00am	45 mins	
Spin2Win	Spin Studio	6.00pm	45 mins	
FitBall	Aerobic Studio	7.00pm		

Saturday	Location	Time	Duration	Level
50/50 Work Out (Spin & FitBall)	Fitness/Spin Studio	11.00am	45 mins	

Sunday	Location	Time	Duration	Level
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<b>Step-n-Tone</b>	Fitness Studio	12.00pm		
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**Please note:**

Members must book places one hour prior to class start  
*Also, 15 Minutes Blast Class may be announced throughout the evenings. Ask at Reception for details.*

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