

Monday

Time	Class	Duration	Cost
9.45am-10.45am	<u>30/30</u>	1 hour off-peak	€6.00
11am-12noon	<u>Improvers Pilates</u>	6 week course	€30
12noon - 1pm	<u>Introduction to Pilates</u>	6 week course	€120 (includes mats and notes)
1.10pm-1.50pm	<u>Kick Boxercise</u>	40 minutes off-peak	€6.00
6pm - 7pm	<u>Tight Assets</u>	1 hour Peak	€7.20
7pm - 8pm	<u>Body Blast</u>	50 minutes peak	€7.20
7pm - 8pm	<u>Spinning</u>	1 hour peak	€7.20
7pm -8pm	<u>Introduction to Yoga</u>	6 week course	€120 (includes mat)
8pm - 9pm	<u>Improver Yoga</u>	6 week course	€30
8pm - 9pm	<u>Spinning</u>	1 hour peak	€7.20
8pm - 8.45pm	<u>Aqua</u>	45 mins	€7.20
9pm -10pm	<u>Swiss Ball</u>	1 hour peak	€7.20
9pm - 10pm	<u>Introduction to Pilates</u>	6 week course	€120 (includes mat and notes)

Tuesday

Time	Class	Duration	Cost
7.15am - 8am	<u>Spinning</u>	45 minutes off-peak	€6.00
9.45am - 10.45am	<u>Weight loss Spinning programme</u>	8 week course	€150 (includes 2 weekly classes and back-up material)
9.45am - 10.45am	<u>Belly Dancing</u>	6 week course	€60
10.40-11.25am	<u>Aqua</u>	45mins off peak	€6.00
1.10pm - 1.50pm	<u>Spinning</u>	40 minutes off-peak	€6.00
3.30pm - 4.30pm	<u>Action Movies Martial Arts 8-12 years</u>	12 week course	€120
4.30pm - 5.30pm	<u>Action Movies Martial Arts 13-17 years</u>	12 week course	€120
6pm -7pm	<u>Pure Step</u>	1 hour peak	€7.20
7pm - 7.45pm	<u>Aqua Circuits</u>	45 minutes peak	€7.20
7pm - 8pm	<u>Boxercise</u>	1 hour peak	€7.20
7pm - 8pm	<u>Begin to Spin</u>	1 hour peak	€7.20
8pm - 9pm	<u>Weight loss Spinning programme</u>	8 week course	€150 (includes 2 weekly classes and back-up material)
8pm - 9pm	<u>Introduction to Pilates</u>	6 week course	€120 (includes mat and notes)
8pm - 9pm	<u>Belly Dancing</u>	6 week course	€60
9pm - 10pm	<u>Improvers Pilates</u>	6 week course	€30

Wednesday

Time	Class	Duration	Cost
9.45am-10.45am	<u>Tight Assets</u>	1 hour off peak	€6.00
1.00pm - 1.45pm	<u>Aqua</u>	45 mins off peak	€6.00
6pm - 7pm	<u>Body Conditioning</u>	1 hour peak	€7.20
7pm - 8pm	<u>Aerobics</u>	1 hour peak	€7.20
7pm - 8pm	<u>Spinning</u>	1 hour peak	€7.20
8pm - 8.45pm	<u>Aqua</u>	45 mins peak	€7.20

8pm - 9pm	<u>Spin Extreme</u>	1 hour peak	€7.20
8.15pm - 9.30pm	<u>Bootcamp Circuits</u>	1 hour 15 mins peak	€7.20

Thursday

Time	Class	Duration	Cost
9.45am-10.45am	<u>Weight loss Spinning programme</u>	8 week course	€150 (includes 2 weekly classes and back-up material)
10.30am - 11.30am	<u>Yoga-Lite</u>	6 week course	€70 includes coffee
6pm - 7pm	<u>30/30</u>	1 hour peak	€7.20
6pm - 7pm	<u>Spinning</u>	1 hour peak	€7.20
7pm - 8pm	<u>Tight Assets</u>	1 hour	€7.20
7pm - 8.15pm	<u>Ashtanga Vinyasa Yoga</u>	6 week course	€120 (includes mat)
7pm - 8pm	<u>Spinning</u>	1 hour	€7.20
8pm - 9pm	<u>Weight loss Spinning programme</u>	8 week course	€150 (includes 2 weekly classes and back-up material)
8pm - 9pm	<u>Salsa Aerobics</u>	1 hour peak	€7.20
9pm - 10pm	<u>Mind/Body Ball</u>	1 hour peak	€7.20

Friday

Time	Class	Duration	Cost
9.30am - 10.30am	<u>Circuits</u>	1 hour peak	€6.00
10.30am - 11.30am	<u>Yoga Therapy</u>	6 week course	€120 includes mat& coffee
10.40am - 11.25am	<u>Aqua</u>	45mins	€6.00
12noon - 1pm	<u>Parent & Baby Yoga</u>	6 week course	€90 includes coffee
1.10pm - 1.50pm	<u>Spinning</u>	40 mins off-peak	€6.00
6pm - 7pm	<u>Spinning</u>	1 hour peak	€7.20
6pm - 7pm	<u>Mini Karate</u>	12 week course	€90
7pm - 8pm	<u>Kids Karate</u>	12 week course	€90
8pm - 9pm	<u>Adult Karate</u>	12 week course	€90

Saturday

Time	Class	Duration	Cost
9am - 9.25am	<u>Spinning</u>	25 mins	€3.50
9.30am - 9.55am	<u>Spinning</u>	25 mins	€3.50
10am - 11am	<u>Performance Arts</u>	12 week course	€90
11am - 12noon	<u>Teen Street Dance</u>	12 week course	€90

Sunday

Time	Class	Duration	Cost
12noon - 1pm	<u>Spin Extreme</u>	1 hour	€7.20