



New Year Timetable 2012



SPINNING

Monday	Class	Instructor	Price
6.05pm - 6.55pm	Spinning	Orla	€7.90/€3.90
7.05pm - 7.55pm	Spinning	Nollaig	€7.90/€3.90
Tuesday			
1.05pm - 1.50pm	Spin - All Levels	Ian	€6.80/€3.40
6.05pm - 6.55pm	Spinning	Declan	€7.90/€3.90
7.05pm - 7.55pm	Weight Loss Spin	Janice	€100/€50
<i>2 classes per week Tuesday & Thursday. Call Reception for next start date. 6 Wks (12 classes)</i>			
Wednesday			
6.05pm - 6.55pm	Spinning	Ciara	€7.90/€3.90
7.05pm - 7.55pm	Spinning	Aylenne	€7.90/€3.90
Thursday			
6.05pm - 6.55pm	Spinning	Ian	€7.90/€3.90
7.05pm - 7.55pm	Weight Loss Spin	Janice	€100/€50
<i>2 classes per week Tuesday & Thursday. Call Reception for next start date. 6 Wks (12 classes)</i>			
Friday			
6.05pm - 6.55pm	Spinning	Declan	€7.90/€3.90
Saturday			
10.05pm - 10.55pm	Spinning	Eoin	€7.90/€3.90

AQUA

Tuesday	Class	Instructor	Price
8.15pm - 9.00pm	Aqua	Janice	€7.90/€3.90
Wednesday			
10.40am - 11.25am	Aqua	Nollaig	€6.80/€4.70/€3.40
Thursday			
8.15pm - 9.00pm	Aqua	Lorraine	€7.90/€3.90
Friday			
10.40am - 11.25am	Aqua	Lorraine	€6.80/€4.70/€3.40

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