

Time	Class	Duration	Cost
10.00am - 11.00am	Light Exercise class	1 hour	€6.00
4.00pm - 5.00pm	Punching pandas (Course 12weeks)	1 hour	€90
5.00pm - 5.45pm	Teen Gym (12yrs - 17yrs)	45mins	€4.50
5.30pm - 7.00pm	Kids Karate (Course 12weeks)	1 hour 30mins	€90
7.00pm - 8.00pm	Spinning & Weight loss	1 hour	€7.20
8.15pm - 9.00pm	Aqua fit	45 mins	€7.20

**Tuesday**

Time	Class	Duration	Cost
10.00am - 11.00am	Karobics	1 hour	€6.00
1.00pm - 2.00pm	Spinning	1 hour	€6.00
6.00pm - 7.00pm	Boot camp Circuits	1 hour	€7.20
7.00pm - 8.00pm	Salsa Slim	1 hour	€7.20
8.00pm - 9.15pm	Hatha Yoga (Course 8 weeks)	1 hour 15min	€100

**Wednesday**

Time	Class	Duration	Cost
10.40am - 11.25am	Aqua Fit	45 mins	€5.80
5.00pm - 5.45pm	Teen Gym	45 mins	€4.50
6.00pm - 7.00pm	Boxercise	1 hour	€7.20
7.00pm - 8.00pm	Step & Tone	1 hour	€7.20
8.15pm - 9.00pm	Aqua Circuits	45min	€7.20

**Thursday**

Time	Class	Duration	Cost
1.00pm - 2.00pm	Belly Dancing (Course 6 weeks)	1 hour	€60
1.00pm - 2.00pm	Spinning & Core Conditioning	1 hour	€6.00
7.00pm - 8.00pm	Spinning	1 hour	€7.20
7.00pm - 8.00pm	Body Blast	1 hour	€7.20
8.00pm - 9.00pm	Teen Karobics	1 hour	€6.00
8.30pm- 9.15pm	Aqua Fit	45 mins	€7.20

**Friday**

Time	Class	Duration	Cost
10.40am - 11.25am	Aqua Fit	45 mins	€6.00
5.00pm - 5.45pm	Teen Gym	45mins	€4.50
6.00pm - 7.40pm	Slim Club (Course 8 weeks)	1 hour 40min	€100

**Saturday**

Time	Class	Duration	Cost
11.00am - 11.45am	Teen Gym	45 mins	€4.50

**Sunday**

Time	Class	Duration	Cost
11.00am - 11.45am	Teen Gym	45 mins	€4.50