

# Fitness Classes

From Monday Sept 11th



## Monday's

Class	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Rachel	Main Pool
Begin to Spin & Abs (45 mins)	6.30pm - 7.15pm	Russell	Studio
Spin & Tone	7.30pm - 8.20pm	Rachel	Studio
RIP30	8.30pm - 9.15pm	Russell	Studio

## Tuesday's

Class	Time	Instructor	Location
Aquafit	7.00pm - 7.40pm	Russell	Main Pool
RIP+	6.30pm-7.20pm	Russell	Studio
Kettlebells	7.30pm - 8.20pm	Jason	Studio
Spin & Core	8.30pm - 9.20pm	Jason	Studio

## Wednesday's

Class	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Jason	Main Pool
RIP 30	6.30pm - 7.15pm	Russell	Studio
Spin & Tone	7.30pm - 8.20pm	Rachel	Studio
*Fitness Pilates (Beginners)	8.30pm - 9.20pm	Julie	Studio

## Thursday's

Class	Time	Instructor	Location
Aquafit	7.00pm - 7.40pm	Bernard	Main Pool
Kettlebells	6.30pm - 7.20pm	Jason	Studio
Boxfit & Tabata Core	7.30pm - 8.20pm	Jason	Studio
Spin & Core	8.20pm - 9.20pm	Jason	Studio

## Friday's

Class	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Sean M	Main Pool
Teen RIP 30	5.30pm - 6.15pm	Russell	Studio
RIP 30	6.30pm - 7.15pm	Russell	Studio
Step & Tone	7.30pm - 8.20pm	Sean F	Studio

## Saturday's

Class	Time	Instructor	Location
Spin & Core	9.00am - 9.50am	Jason	Studio
Teen Gym Session	3.30pm - 4.30pm	Jason	Gym

\* Indicates a course, Members discounted. All other classes are FREE to Members. Pay As You Go classes €7