

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
B.L.T 11.00-11.30 (Free)		B.L.T 11.00-11.30 (Free)	Aqua Aerobics 11.30-12.15pm (Free)		Kids swimming Lessons 9.00AM (€60 = 6 WEEKS)	
Power Half Hour 13.15-13.45 (Free)	Lunchtime 30 Spin 13.15- 13.45 (Free)	Power Half Hour 13.15-13.45 (Free)	Lunchtime 30 Spin 13.15- 13.45 (Free)	Lunchtime Power 30 Spin 13.15- 13.45 (Free)	30 Spin 11.00-11.30 (Free)	
30 Spin 6.30-7.00 pm (Free)	30 Spin 6.30-7.00pm (Free)	Tomahawk Body Shock 6.30-7.15 (Free)	Kids Swimming Lessons 4.30pm (€60=6weeks)		Body Sculpt 11.45-12.15 (Free)	
Aqua Aerobics 6.30 -7.15pm(Free)	Total Tone 7.15-8.00pm (Free)	Anna's Kick & Tone Shock 7.30-8.15 (Free)	Aqua Aerobics 6.30-7.15 pm (Free)			
Body Sculpt 7.15-7.45 pm (Free)	Baduanjin 8.15-9.00 (Free)		30 Spin 6.30-7.00pm (Free)			
Anna's Kick & Tone 8.00—8.45 pm (Free)			Shift n' Lift 7.15-8.00pm (Free)			

Class Descriptions

30 Spin:
Is a cardiovascular work out based on intervals. Using different speed and resistance will help you to sweat out up to 500kcal!

Power 30 Spin:
Is a mixture of high intensity cycle cardio intervals and full body muscle tone workout.

Tomahawk Body Shock:
Is a class based on rapid intervals from the spin bike to complete body resistance exercises, aiming to improve both your fitness and muscle tone.

Power Half Hour:
A class designed to make the most of your lunch break, with tailored exercises to give those muscles a maximum burn. Leaving you full of energy to power through the rest of the day.

Total Tone:
Provides the perfect mix for those looking to tone up using light resistance and also having the benefit of a cardio workout. It is a resistance workout with step.

Kick & Tone:
It consists of aerobic activity with martial arts techniques (punches and kicks) working in pairs and stretching. Unbeatable for those who want to lose weight and get more fit. Suitable for all who like exercise to music and Jackie Chan.

Shift n' Lift:
Is highly recommended for beginners. It combines 15 minutes each of: spinning, resistance and core work in one. Is a great introduction to other classes!

Body Sculpt:
Is a class that will sculpt your body using a selection of light weights and body weight exercises.

Aqua Fit:
Is designed for people seeking to tone up but are unable to take much impact on the joints or are recovering from injury. The water creates the resistance. You will burn a lot of calories so remember this is a serious workout and you will be sweating in the water without noticing it!

Baduanjin:
Is a taste of the east class. It consists of 3 parts, first will improve your breathing and internal organs; second is working on strengthening muscles tendons and joints; third is made up of dynamic stretches. Class finishes with a meditation. This class is ideal for anyone also with knee or lower back problems. You will leave feeling more relaxed and energised

