

Autumn 2019

FROM Mon 2nd Sept

Class Programme

To Sat 21st Dec

Monday Tuesday Wednesday Thursday Friday



MOVERS

10:00am



PARENT & TODDLER SWIMS

10:00am



DIFFERENT STROKES

10:30am



H.I.I.T

1:00pm



SPINNING

6:00pm



TOTAL BODY WORKOUT

7:15pm



YOGA

7:30pm



AQUAFIT

10:30am



SPIN & TONE

6:30pm



PILATES

7:00pm



KETTLEBELLS

7:30pm



SWIMFIT

8:00pm



H.I.I.T

1:00pm



PUMP

6:00pm



BEGINNERS FITNESS

7:00pm



BEGINNERS SPINNING

8:00pm



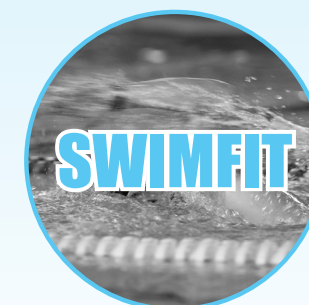
TAI-CHI

10:30am



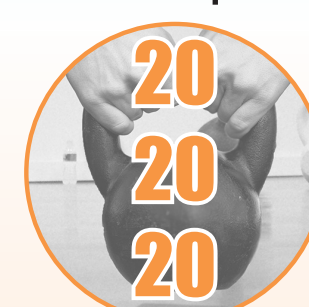
AQUAFIT

1:00pm



SWIMFIT

5:30pm



20 20 20

7:00pm



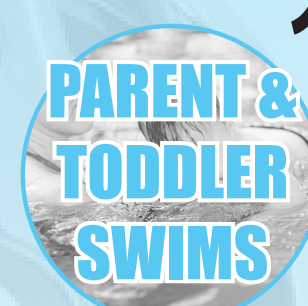
PILATES

7:00pm



YOGA

8:30pm



PARENT & TODDLER SWIMS

10:00am



AQUANATAL

11:15am



H.I.I.T

1:00pm

Saturday



TOTAL BODY WORKOUT

10:00am

- Classes can be booked up to 7 days in advance at reception, by the App, online or by phoning 028 777 64009.
- Non-members required to pay at time of booking.
- Members are urged not to use social media to try & book classes. These pages are monitored only periodically throughout the day so you might miss out on a class, especially where spaces are limited.
- More information on the class programme together with our current swim timetable is available on our website

Information correct at the time of going to print - Sept 19. Timetable is subject to change. Classes are continuously monitored. Underperforming classes may be removed without notice.