

Monday

Aqua 9.30am

Boxfit 10.15am

Body pump 6.15pm

Spin 7.15pm

Wednesday

Aqua 9.30am

H.I.I.T 10.15am

Body pump 6.15pm

Spin 7.15pm

Friday

Spin 6.15am

Aqua 9.30am

Cardio Blast 10.15pm

Tuesday

Spin 6.15am

Body pump 9.30am

Pilates 10.15am

Pilates 6.15pm

Boxfit 7.15pm

Thursday

H.I.I.T 9.30am

Pilates 10.15am

Pilates 6.15pm

Cardio Blast 7.15pm

Classes are
€10 per class
or buy a Class Card
which is **10 passes**
for **€70**

FOR BOOKINGS:

- Morning class ring the night before to book in.
- Evening class ring in the day of the class.

**All classes must have a minimum of 3 persons to go ahead.*

(059) 915 3838