

STUDIO - POOL CLASSES PROGRAMME

DAY	TIME	CLASS	INSTRUCTOR	VENUE
MONDAY	10.30am 11.30am	Zumba NEW Aqua Aerobics	Kathriona Kathriona	Studio Pool
	6.15pm 7.00pm 8.00pm 8.00pm	Boot Camp NEW Boxercise Zumba Aqua Aerobics	Richie Brendan Kathriona Richie	Studio Studio Studio Pool
	6.15pm 7.00pm 7.00pm 8.30pm	Spinning Kettlebells NEW ** Heated Yoga Beginner ** Heated Yoga Improver	Matthew Geraldine Andrew Andrew	Studio Studio Basement Studio Basement Studio
	10.15am 10.30am 11.30am 6.15pm 7.00pm 7.45pm 8.30pm 8.00pm 8.00pm	** Heated Yoga Kettlebells NEW ** Heated Yoga Ultimate Stomach Ultimate Stomach ** Stott Pilates Beginner ** Stott Pilates Improver Aqua Aerobics Boot Camp	Sabina Geraldine Sabina Julie Julie Julie Julie Sabina Richie	Basement Studio Studio Basement Studio Studio Studio Studio Studio Pool Basement Studio
THURSDAY	6.15pm 7.00pm 8.00pm 7.45pm 8.30pm	Body Pump Zumba NEW Spinning ** Adult Swim Beginners ** Adult Swim Improvers	Matthew Kathriona Brendan Joe Joe	Studio Studio Studio Pool Pool
	10.00am 10.30am 11.30am	Weekly Weigh In Boxerspin NEW Aqua Aerobics	Sabina Brendan Sabina	Studio Studio Pool
	11.00am 11.30am	Boot Camp The Core Classic	Julie Julie	Studio Studio
	FRIDAY	10.00am 10.30am 11.30am	Weekly Weigh In Boxerspin NEW Aqua Aerobics	Sabina Brendan Sabina
SATURDAY	11.00am 11.30am	Boot Camp The Core Classic	Julie Julie	Studio Studio

Classes in green are morning classes.

Classes in blue are evening classes.

Classes marked with ** are €40 for 8 week course, and require advance booking

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