








SUMMER CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 6:30am	Indoor Cycle 6:30am	Indoor Cycle 6:30am	Indoor Cycle 6:30am	Indoor Cycle 6:30am	 wimtastic 9:00am	
Aqua Aerobics 9:30am		Aqua Aerobics 9:30am		Aqua Aerobics 9:30am	LES MILLS BODYATTACK 10:00am	Family Fun Inflatable Hour 10:00am
		Kids Swim Lessons 4:00pm			LES MILLS GRIT 12:30pm	
Indoor Cycle 6:00pm	Boot Camp 6:00pm	Flex & Stretch 6:00pm	Boot Camp 6:00pm	Indoor Cycle 6:00pm		
LES MILLS BODYATTACK 7:00pm	Aqua Aerobics 7:00pm	LES MILLS GRIT 7:00pm	Flex & Stretch 7:00pm	LES MILLS GRIT 7:00pm		
LES MILLS GRIT 8:00pm	LES MILLS BODYATTACK 8:00pm		LES MILLS BODYATTACK 8:00pm			

-  Indoor Cycle
-  Aqua Aerobics
-  Les Mills GRIT
-  Les Mills BODYATTACK
-  Kids Swim Lessons
-  Boot Camp
-  Flex & Stretch
-  Swimtastic
-  Family Fun Inflatable Hour

Please book your class in advance to avoid disappointment

Please bring a towel and water to all classes

Please arrive on time for classes

LES MILLS - €4 for members and €9 for non-members, 30-45 mins

AQUA AEROBICS - free for members €7 non-members, 45 mins

INDOOR CYCLE - free for members €7 non-members, 30/45 mins

FLEX & STRETCH - free for members €7 non-members 30/45 mins

BOOTCAMP - free for members €7 non-members, 45 mins

(Timetable is subject to change)

PROUD TO BE AFFILIATED WITH **LES MILLS**