



Fitness Class Information

- Classes may be booked online or subject to spaces in the club just before a class.
- All classes with a euro symbol are courses and incur a charge. Please call reception on 01-2740078 for more details on courses.
- Most classes are suitable for all fitness levels. If unsure ask a instructor to recommend an class.
- Try a class at least once a week for the best results.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M	Adult Only 6:30 - 9:00	Adult Only 6:30 - 9:00	Adult Only 6:30 - 9:00	Adult Only 6:30 - 9:00	Adult Only 6:30 - 9:00	Adult Only 8:00 - 9:00	Adult Only 8:00 - 9:00
o	Family Swim 9:00 - 12:30	Family Swim 9:00 - 12:30	Family Swim 9:00 - 12:30	Family Swim 9:00 - 12:30	Family Swim 9:00 - 12:30	Family Swim 9:00 - 7:00	Family Swim 9:00 - 7:00
r		Aquafit 11:00 - 11:45		Aquafit 11:00 - 11:45		Aquafit 9:00 - 9:30	
n	Adult Only 12:30 -14:00	Adult Only 12:30 -14:00	Adult Only 12:30 -14:00	Adult Only 12:30 -14:00	Adult Only 12:30 -14:00	Kids Swim Lessons 10:00 -12:30	Fun Hour 11:00-12:00
i	€ Aqua Babies 14:00-15:30						€ Aqua Babies 14:00-15:30
g	Family Swim 14:00 - 19:00	Family Swim 14:00 - 19:00	Family Swim 14:00 - 19:00	Family Swim 14:00 - 19:00	Family Swim 14:00 - 19:00		
E		Kids Swim Lessons 15:00 -17:30	Kids Swim Lessons 15:00 -17:30	Kids Swim Lessons 15:00 -17:30	Fun Hour 16:00-17:00	Rookie Lifeguard 17:00-18:00	
v	Adults Only 19:00- 21:30	Adults Only 19:00- 21:30	Adults Only 19:00- 21:30	Adults Only 19:00- 21:30	Adults Only 19:00- 21:30	Adults Only 19:00- 20:30	Adults Only 19:00- 20:30
e	Aquafit 19:30 - 20:15		Aquafit 19:30 - 20:15				
n							
i							
g							

Family Timetable