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LEISURE CENTRE

Time Timetable
Commencing 12th April 2010

DAY	TIME	CLASS
MONDAY	7.30pm	NEW Running Club €5.00
	7.30pm	Adult Beginner Swim Lesson*
	8.30pm	Adult Improver Swim Lesson*
TUESDAY	11.00am	Aqua Aerobics €8.00
	7.30pm	Total Body Toning €8.00
WEDNESDAY	2.00pm	Active "55 €5.00
	7.30pm	Beginner Pilates*
	8.30pm	Improver Pilates*
THURSDAY	11.00am	Aqua Aerobics €8.00
	7.00pm	Kettlebells*
	7.30pm	Aqua Blast €8.00

***COURSE FEE APPLIES**

**SWIM FOR FREE
WHEN YOU DINE!**

*** Terms & Conditions Apply**

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