EXERCISE CLASS TIMETABLE JULY 2018

CELTIC ROSS HOTEL

Location: Celtic Ross Leisure Centre
Cost: €6 non-member / €4 member
6 classes €30 non-members
6 classes €20 members

DAY	WEEKLY CLASSES & TIMES
TUESDAY	NEW YOU SHAPE PLAN 10.00-10:30 am
THURSDAY	B.L.T(BUM,LEGS & TUM) 6:15-6:45pm

PLEASE NOTE: TIMETABLE & CLASSES ARE SUBJECT TO CHANGE EACH MONTH

	CLASS	TIME	CONTACT
MONDAY	Callanetics	7.15-8.45pm & 8.30-9.30pm	Contact Justina @ 083-3592202 to book your place