

# EXERCISE CLASS TIMETABLE

## JANUARY 2018



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>H.I.I.T</b> <u>10:00-10:30am</u>			
		<b>TOTAL BODY WORKOUT</b> <u>11:00-11:30pm</u>		
<b>SPIN &amp; TONE</b> <u>19:00-19:30pm</u>			<b>BUM, LEGS, TUMS</b> <u>18:30-19:00pm</u>	
	<b>TOTAL BODY WORKOUT</b> <u>18:30-19:00pm</u>		<b>MENS STRONG FIT</b> <u>19:30-20:00pm</u>	<b>CORE &amp; FLEXIBILITY</b> <u>18:30-19:00pm</u>

**PLEASE NOTE CLASSES & TIMES ARE SUBJECT TO CHANGE MONTHLY & RUN IN CONJUNCTION WITH SCHOOL CALENDAR**

	CLASS	TIME	CONTACT
<b>MONDAY</b>	Callanetics	7:15-8:45pm 8:30-9:30pm	contact Justina @ 083-3592202 to book your place & for any queries on prices etc
<b>WEDNESDAY</b>	Yoga	6:30-7:45pm	contact Fiona @ 086-3767467 to book your place & for any queries on prices