



Celtic Ross Leisure Centre

Exercise Class Timetable March 2019

Cost: €6 non-member / €4 member
6 Classes: €30 non-member / €20 member

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	H.I.I.T 10:00-10:30			
		TOTAL BODY WORKOUT 11:00-11:30		
	TOTAL BODY WORKOUT 18:30-19:00		BUM,LEGS,TUMS 18:30-19:00	
SPIN & TONE 19:00-19:30			MENS STRONG FIT 19:30-20:00	

Please note classes & times are subject to change monthly & run in conjunction with school calendar

MONDAY: CALLANETICS

7:15-8:45pm 8:30-9:30pm

Contact Justina @ 083-3592202 to book your place & for any queries on prices etc

WEDNESDAY: YOGA

6:30-7:45pm

Contact Fiona @ 086-3767467 to book your place & for any queries on prices