



Celtic Ross Leisure Centre

Exercise Class Timetable September 2019

Cost: €8 non-member / €5 member
6 Classes: €40 non-member / €25 member

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TOTAL BODY WORKOUT 10:00-10:45			
			TOTAL BODY WORKOUT 18:30-19:15	
SPIN & TONE 19:00-19:45				
			MENS STRONG FIT 19:30-20:15	

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

MONDAY: CALLANETICS

19:15-20:45pm 20:30-21:30pm

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

TUESDAY: ZUMBA

19:00-20:00pm

Contact Lena @ 085 7649870 to book your place & for any queries on prices

WEDNESDAY: YOGA

18:30-19:45pm

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