

EXERCISE CLASS TIMETABLE

FEBRUARY 2019



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

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

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

	CLASS	TIME	CONTACT
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