

Fitness Timetable Spring 2018

1 Hour Class
€10 Per Class or Buy 10
Classes for €80

30min Class
€8 per Class or do 2 for € 10

MONDAY

10.45am Aquafit

TUESDAY

6.00- 6.30pm Boxercise

6.30- 7.00pm HIIT

6.30-7.15pm Spinning

WEDNESDAY

10.45AM Aquafit

6-6.30pm Boxercise

6.30-7pm HIIT

6.30-7.15pm Spinning

THURSDAY

6-8pm Strength &

Conditioning Course *

FRIDAY

Pre-booking essential

*All enquiries for Strength &
Conditioning Course please contact
The Aquila Club

**NON MEMBERS
WELCOME**