



# FITNESS CLASS SCHEDULE

16<sup>th</sup> February - 26<sup>th</sup> March, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>S&amp;C</b> 6.15-7 AM 7-7.45 AM S&C Unit		<b>S&amp;C</b> 6.15-7 AM 7-7.45 AM S&C Unit	<b>S&amp;C</b> 6.15-7 AM 7-7.45 AM S&C Unit
<b>COMBO</b> 9.25-10.10 AM Studio	<b>COMBO</b> 9.25-10.10AM Studio	<b>COMBO</b> 9.25-10.10 AM Studio	<b>STEP &amp; TONE</b> 9.25-10.10AM Studio
<b>AQUA</b> 10.15-11 AM		<b>AQUA</b> 10.15-11 AM	
<b>AQUA</b> 7.30-8.15 PM	<b>STEP &amp; TONE</b> 6.30-7.15 Studio	<b>AQUA</b> 7.30-8.15 PM	<b>S&amp;C</b> 7.15-8PM S&C Unit



## PAYG

Classes are €10 per class  
or  
Class Card €64 (8 Classes)

Aqua  
Members €5/€30  
Non Members  
€10/€60

Class Cards Available on Request  
Personal Training Slots Available

We ask that ALL STUDIO & S&C FITNESS CLASSES be pre-booked as spaces are limited to 6 people per class