



Class Timetable (Bettystown) 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10.00-10.30 Body Blitz	9.15-10.00 E.M.A.R.A.*	10.00-10.45 Cardio Fit	10.00-10.45 Spin	9.15-10.00 Spin	10.00-11.00 Irish Dancing* 0857201535	11.00-11.30 Spin	
10.45-11.30 Aqua	10.00-10.45 Spin	10.45-11.30 Aqua	10.45-11.30 ABT	10.45-11.30 Aqua			
10.30-11.30 Pilates new Course* (See Noticeboard for info)	10.45-11.15 Ab's						
16.00-17.00 Irish Dancing* Scoil Rince Seavers	18.30-19.15 Spin	18.30-19.15 Spin	18.30-19.15 Spin	18.30-19.00 Begin to Spin	<p>Children's Swimming</p> <p>Monday 15.30-18.30 Wednesday 15.30 – 18.30 Saturday 9.30 – 12.00</p>		
18.00-19.00 Karate* Philip Smith	19.15-20.00 Bootcamp	19.20-20.00 20/20	19.00-20.00 Kempo* Children's				
6.30 - 7.15pm Spin	8.00 – 8.30pm Late Spin	20.00-20.45 Aqua	20.00-20.45 Bootcamp	19.30-20.15 Aqua			
19.15-20.00 Zumba Course* (See Noticeboard for info)			20.00-21.00 Kempo* Adults				
20.00-21.00 Pilates Course* (See Noticeboard for info)							
		Pink – Aerobic Green – Outsourced		Blue – Water Orange – In House Paid Classes		Yellow – Toning	

Children's Swimming

Monday 15.30-18.30
Wednesday 15.30 – 18.30
Saturday 9.30 – 12.00

- GROUP EXERCISE INFORMATION**
- **WATER:** Remember Hydration is key during exercise so don't forget your Water!
 - **TOWEL:** Don't forget your towel – You'll Need It!!
 - **STUDIO:** Please contact reception for studio details
 - **ETIQUETTE:** Please remember to replace equipment after use and Pre-Book our 6.30pm Spins from 1pm on the day.