

MONDAY	
Studio / Gym	Pool
9:15 - HIIT ●	10:00 - Aquafit ●
11:15 - Pilates* ●	13:30 - 14:30 <b>Ripples Summer Camp</b>
18:15 - Circuits ●	19:15 - Aquafit ●

TUESDAY	
Studio / Gym	Pool
9:15 - Stretch & Flex ●	10:00 - 12:00 <b>Little Swimmerz</b>
18:45 - Pilates* ●	13:30 - 14:30 <b>Ripples Summer Camp</b>
19:30 - HIIT/Core ●	

WEDNESDAY	
Studio / Gym	Pool
9.15 - Step Aerobics ●	10:00 - Aquafit ●
	13:30 - 14:30 <b>Ripples Summer Camp</b>
18.00 - Circuits ●	19:15 - Aquafit ●

THURSDAY	
Studio / Gym	Pool
9:30 - Stretch & Flex ●	
10:30 - Pilates* ●	13:30 - 14:30 <b>Ripples Summer Camp</b>
18:45 - Boxfit ●	

FIRDAY	
Studio / Gym	Pool
9.15 - Low Impact Aerobics ●	10:00 - Aquafit ●
	13:30 - 14:30 <b>Ripples Summer Camp</b>
	19:15 - Aquafit ●

WEEKEND	
Saturday	Sunday
9.15 - Strength & Elevate* - Gym ●	10:00 - 12:30 <b>Little Swimmerz - Pool</b>
13:30 - Circuits - Studio ●	

## Class Length

● 30 MINS ● 45 MINS

Elevate your everyday

## Information

### \*Pilates / Strength & Elevate:

Premium Classes and not included in membership. Please enquire about pricing

### Yoga with Karen Ann

Every Tuesday at 9.30am & 6.30pm, suitable for all levels. Saturdays at 10am for a challenging session. To book call 087 467 5377. Classes are subject to a fee.

Children's swimming lessons & **Little Swimmerz** run only during school term time.

**Ripples Summer Camp** runs from the 13<sup>th</sup> July until the end of August.

Classes can be booked up to **2 weeks** in advance.

Non-attendance at a booked class is taken from the weekly allocation. Regular class bookings can be made via the Brusna Falls Leisure App

## App Download



Google Play Store



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