

## Fitness Class Timetable – Autumn/Winter

Our classes are all about feeling good – inside and out.

You'll move, laugh and connect with others.

Join a community that supports you and makes fitness something to look forward to.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am	:00			STEP AEROBICS			
	:15						
	:30					LOW IMPACT AEROBICS	
	:45		YOGA *				
10am	:00	AQUA AEROBICS		AQUA AEROBICS	MOVEMENT PLUS	AQUA AEROBICS	YOGA *
	:15		STRETCH & FLEXIBILITY				
	:30						
	:45						
11am	:00	STRETCH & FLEXIBILITY	CHAIR YOGA				
	:15						
	:30						
	:45						
12- 6pm No Classes							
6pm	:00						
	:15	CIRCUITS		CIRCUITS			
	:30						
	:45		YOGA *				
7pm	:00	AQUA AEROBICS					GYM & POOL
	:15		MOVEMENT PLUS	AB BLAST	HYROX TRAINING	CIRCUITS	
	:30			AQUA AEROBICS			
	:45						
8pm	:00						
	:15						
	:30						
	:45						

\* Yoga with Karen Ann (external) separate fee applies. For further information please contact: [info@karenannyoga.com](mailto:info@karenannyoga.com) or tel. 087 467 5377, [www.karenannyoga.com](http://www.karenannyoga.com)