

Monday	10.00 Aqua Aerobics				
Tuesday	10.00 Shape & Tone	15.30 – 18.00 Children’s Swim Lessons		19.00 Step Aerobics	19.00 Aqua Aerobics
Wednesday	10.00 Aqua Aerobics		18.30 – 19.15 Shape & Tone	19.00 Ball Tone	20.00 Aqua Aerobics
Thursday	10.00 Shape & Tone	16.30 – 18.00 Children’s Swim Lessons	19.00 Yoga	19.00 Step Aerobics	19.45 – 20.00 Abs Blast
Friday	10.00 Aqua Aerobics	11.00 – 13.00 Parent & Toddler Swim		18.30 – 20.30 Dance Blast with Ciara Ginty	
Saturday	10.00 – 12.30 Parent & Toddler Swim				