



Class timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga @ 9:30am Karen	Yoga @ 9:30am Karen	Yoga @ 9:30am Karen		Yoga @ 9:30am Karen	Yoga @ 10am Karen	
Aqua Aerobics 10am Staff	Shape & Tone 10am Cliona	Aqua Aerobics @ 10am Staff	Shape & Tone @ 10am Cliona	Aqua Aerobics @ 10am Staff	Little Swimmers 9:15am- 2:30pm Maeve	Pool Restricted 1.30pm to 4.30pm
Little Swimmers 4pm – 6pm Maeve	Children’s swimming lessons 3:30 – 6:30 (Pool Restricted) Patrick	Little Swimmers 4:30-7pm Maeve	Children’s swimming lessons 3:30 – 6:00pm (Pool Restricted) Aisling	Little Swimmers 11am-1pm Maeve		
Shape & Tone 6:30pm- 7:15pm Cliona		Shape & Tone 18:30- 7:15pm Cliona	Yoga @ 7pm Bernie			
Yoga @6:30pm Karen	Step Aerobics 6.45pm Staff	Pilates 7pm Patrick	Step Aerobics 7pm Staff			