








**CLASS TIMETABLE AUTUMN 2017**

MON	TUES	WED	THUR	FRI	SAT	SUN
 MALDRON HOTEL LIMERICK			 MALDRON HOTEL LIMERICK		Swim Lessons 12 – 2pm	 MALDRON HOTEL LIMERICK
			QUEEN OF PEACE  SCHOOL 9.15AM – 11AM			
	10.30 – 11.15AM AQUA FIT MAX. 20 PER CLASS €8 – NON MEMBER	 MALDRON HOTEL LIMERICK	11.30 – 12.15PM AQUA FIT MAX 20 PER CLASS €8 – NON MEMBER	 MALDRON HOTEL LIMERICK		 MALDRON HOTEL LIMERICK
					<p align="center"><b>Class Information</b>  <b>MINIMUM NUMBER OF 8 REQUIRED IN THE MORNING CLASSES TO GO AHEAD</b></p> <ul style="list-style-type: none"> <li>All classes are now available to NON MEMBERS. The cost per class for a NON MEMBER IS €8 &amp; for a Swim &amp; Class is €10</li> <li>MEMBERS and NON MEMBERS are required to sign in at the Club Reception for EACH CLASS</li> <li><b><i>ALL PARTICIPANTS MUST ARRIVE 5 MINS BEFORE THE CLASS COMMENCES – NO LATE ENTRY</i></b></li> <li>Please bring a towel and water to all classes</li> <li><u>Please ring on the day of the class to book your place.</u></li> <li>PLEASE GIVE FEEDBACK ON CLASSES, WE APPRECIATE ANY SUGGESTIONS</li> <li>The EVENING AQUA CLASS bookings take place FROM 5PM on the evening</li> </ul> <p><b><u>RING – 061 – 436153 TO BOOK ANY CLASS ON THE DAY</u></b>  Classes will not take place for the month of August  Classes will resume September 4<sup>th</sup> 2017</p>	
 MALDRON HOTEL LIMERICK			6.40pm – 7.15PM CIRCUIT & COMBO TRAINING MAX 10 PER CLASS €8 – NON MEMBER			
6.30 – 7.15PM SPINNING & CORE COMBO MAX 10 PER CLASS €8 – NON MEMBER	6.40PM– 7.15PM CIRCUIT & COMBO TRAINING MAX 10 PER CLASS €8 – NON MEMBER	7.30 – 8.15PM Circuits & Combo MAX 10 per Class €8 NON MEMBER	R			
7.30 – 8.15PM PUMP & BURN MAX 10 per Class €8 NON MEMBER	7.30 – 8.15PM AQUA FIT MAX 20 PER CLASS €8 – NON MEMBER RING FROM 5PM	Swim Lessons 4.30pm – 7pm Children  7.30pm – 9.30pm Adults	7.30 – 8.15PM AQUA FIT MAX 20 PER CLASS €8 NON MEMBER RING FROM 5PM	Swim Lessons 4.30pm – 7pm		