









CLUB VITAE FITNESS CLASS TIMETABLE

Pre-booking for classes is advised as spaces are limited. Non-member fee is €8 per class, €10 for class including swim & health suite. 061-436153

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spinning 7.30am		Spinning 7.30am		Spinning 7.30am
Nifty over 50 10am	Aqua aerobics 10am	Nifty over 50 10am	Aqua aerobics 10am	
				
Circuit Training 6.30pm	Body Pump 6.30pm	Circuit training 6.30pm	Pump & Core 6.30pm	
Total Body Workout 7.30pm	Aqua aerobics 7.30pm	Boxercise 7.30pm	Aqua aerobics 7.30pm	
		Box and Burn 8.30pm	Total Body Workout 7.30pm	