

# Health Club Summer Timetable

**Normal Weekly Timetable**

<b>Monday</b>		
10am-10:45am	Circuits	Gym Team
18:30pm-19:30pm	TBW	Gym Team
<b>Tuesday</b>		
10am-10:45am	Box Fit and Abs	Gym Team
18:30pm-19:30pm	Dance Fitness	Gym Team
<b>Wednesday</b>		
10am-10:45am	Legs, Bums & Tums	Gym Team
18:30pm-19:30pm	HIIT	Gym Team
<b>Thursday</b>		
10am-10:45am	Dance Fitness	Gym Team
<b>Friday</b>		
10am-10:45am	SBW	Gym Team



**Amended Timetable 22 – 26 October 2018**

<b>Monday</b>		
10am-10:45am	Circuits	Gym Team
<b>Tuesday</b>		
10am-10:45am	Box Fit and Abs	Gym Team
18:30pm-19:30pm	Dance Fitness	Gym Team
<b>Wednesday</b>		
10am-10:45am	Legs, Bums & Tums	Gym Team
18:30pm-19:30pm	HIIT	Gym Team
<b>Thursday</b>		
10am-10:45am	Dance Fitness	Gym Team
<b>Friday</b>		
10am-10:45am	SBW	Gym Team

**TBW = Total Body Workout / HIIT = Hi Intensity Interval Training /SBW = Stability Ball Workout**

Classes can be booked into up to 7 days in advance. If you are attending a class then your attendance will be noted as you present your membership card. If you are unable to attend, please ensure that you cancel your place within 3 hours before the class is due to begin. This will allow us to offer someone a place off the waiting list.

Health Club Contact Number: 01 635 588 720