



FITNESS TIMETABLE

POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
7.15		MASTERS SWIM Yvonne/Eileen					
9.45	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS		
10.15							
5.00			AQUA HIIT 15yr +	CHILD LANE SWIM Eileen/Yvonne			
7.00	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS			

PRICES

Swim & Gym Daily

Adult Swim/ Gym	€7.50
Child Swim	€4.00
OAP/Unemployed/Student	€5.00
Family (2Adults & 3Kids)	€19.00

Weekly Members

Adult Swim/Gym	€15.00
OAP/Unemployed/Student	€12.00
Family (2Adults & 3Kids)	€30.00
Child Swim <16	€10.00

Monthly Members

Adult Swim/Gym	€48.00
OAP/Unemployed	€40.00
Student	€35.00
Family	€80.00

Annual Members

Adult	€375
Family	€750
Husband & Wife	€600

Swim Lessons

Adult	€70/€20
Child	€60

STUDIO SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
10:30	ACTIVE AGING with Claire						
1.00		H.I.I.T. with Brian		H.I.I.T. with Brian			
4.30					20 20 20 16 yr +		
7.00	Kettlebells with Brian		Circuits Male+Female				

GYM HOURS

Monday	06:30 - 21:15
Tuesday	07:15 - 21:45
Wednesday	06:30 - 21:15
Thursday	07:15 - 21:45
Friday	07:15 - 20:45
Saturday	06:30 - 17:00
Sunday	10:30 - 17:00



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