

Monday	Tuesday	Wednesday	Thursday	Friday
	7:00—7:45am Spin & Tone		7:00—7:45am Spin & Tone	
***** 10:00—10:45am Pilates (Eadaoin)	9:30—10:15am Aqua Aerobics			9:30—10:15am Aqua Aerobics
	4:00—5:45pm Swimming Lessons		4:00—5:45pm Swimming Lessons	***** 3:00—6:00pm Swimming Lessons (Linda)
6:00—6:45pm Pilates	***** 6:30—7:30pm HIIT & Tone (Ricky)	6:00—6:30pm Spin Express	6:00—6:45 Full Body Circuits	6:15—7:00pm Spin & Tone
7:00—7:45pm Body Burn		7:00—7:45pm Boxercise		
***** Denotes an outside side		***** 8:00—8:45pm Pilates (Eadaoin)		