

Sports & Fitness Ballyfermot

Fitness Class Timetable

Monday

10:00am	Studio	Pilates	45
12:00pm	Pool	Aqua Aerobics	45
6:00pm	Studio	Spin	45
7:00pm	Studio	Pump	45
7:00pm	Pool	Aqua Aerobics	45
8:00pm	Pool	Masters Swim	60

Tuesday

10:00am	Studio	TRX	45
6:00pm	Studio	Kettlebells	45
7:00pm	Pool	Aqua Aerobics	45
7:00pm	Studio	Yogalates	45

Wednesday

10:00am	Studio	Spin Express	45
Adult Swimming Lesson			
11:00am	Pool	(6 week Course)	45
12:00pm	Pool	Aqua Aerobics	45
6:00pm	Studio	Spin	45
6:30pm	Pool	Aqua Aerobics	45
7:00pm	Studio	Pump	45
8:00pm	Studio	Pilates	45

Thursday

10:00am	Studio	Kettlebells	45
6:00pm	Studio	TRX	45
7:00pm	Studio	Boxercise/circuit	45
8:00pm	Pool	Masters Swim	60

Friday

10:00am	Studio	Pump	45
12:00pm	Pool	Aqua Aerobics	45
Adult Swimming Lesson			
7:30pm	Pool	(6 week Course)	45

Saturday

12:00pm	Studio	Spin	45
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