

Sports & Fitness Ballyfermot

Fitness Class Timetable

Commencing April 11th 2022

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	Pool	Kettlebells	45
7:00pm	Pool	Aqua Aerobics	45
7:00pm	Studio	Yogalates	45
8:00pm	Pool	Adult Swimming Lesson (8 Week Course. Start Date TBC.)	45

Wednesday

9:15am	Studio	Spin Express	30
10:00am	Studio	Yoga	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	Combat (Returns April 21st)	60
8:00pm	Pool	Masters Swim	60

Friday

10:00am	Studio	Pump	45
12:00pm	Pool	Aqua Aerobics	45
7:00pm	Studio	Fatburner	45

Saturday

12:00pm	Studio	Spin	45
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Sunday

12:00pm	Studio	Fatburner	45
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