



Class timetable Winter/ Autumn 2010

Class fees: Member: €4 Non-member: €7

Monday:	Studio Cycle	10.00am -11.00pm	(Paula)
	Vinyasa Flow Yoga	09.30am – 11.15am	(Diane)
	Mother & Baby Yoga	12.30pm – 1.30pm	(Carmel)
	Angelina Ballerina	4.00pm – 5.00pm	
	*Yoga	6.15pm - 7.30pm	(Christine)
	Studio Cycle	6.30pm – 7.30pm	(Dan)
	Bums & Tums	7.30pm – 8.30pm	(Paula)
	Begin to Spin	7.45pm – 8.15pm	(Dan)
	Aquarobics	8.00pm – 8.45pm	(Gemma)
Tuesday:	Studio Cycle	7.00am – 7.45am	(Graham)
	Yoga	10.00am – 11.15am	(Deirdre)
	*Pilates	11.30am – 12.30pm	(Siobhan)
	Latin Dance	6.15pm – 7.15pm	(Rachel)
	Studio Cycle	6.30pm – 7.30pm	(Siobhan)
	Boxercise	7.30pm – 8.30pm	(Jimmy)
	Yoga	8.30pm – 9.45pm	(Deirdre)
Wednesday:	Vinyasa Flow	10.00am – 11.15am	(Diane)
	Stretch & Grow	3.15pm – 4.00pm	(Nicola)
	Teen Dance Class	4.30pm – 6.30pm	(CruxDance)
	Studio Cycle	6.00pm – 7.00pm	(Graham)
	* Pump It	6.30pm – 7.30pm	(Dan)
Thursday:	Studio Cycle	7.00am – 7.45am	(Graham)
	*Yoga	9.30am – 10.45am	(Norma)
	Baby Massage	1.30pm – 2.30pm	(Pat)
	Studio Cycle	6.30pm – 7.30pm	(Dan)
	Circuit Training	6.30pm – 7.30pm	(Siobhan)
	*Pilates	7.30pm – 8.30pm	(Siobhan)
	Bums & Tums	8.30pm- 9.30pm	(Paula)
Friday:	over 55 Aqua.	11.00am – 11.45am	(Sinead)
	Latin Dance	10.30am – 11.30am	(Rachel)
	Latin Dance (course)	7.30pm – 10.00pm	(T.B.C.)
Saturday:	Studio Cycle	10.00am – 11.00am	(Dan)
	Kids/teenage Dance	10.00am – 3.00pm	(CruxDance)
* classes on term basis			