



CARRIGALINE COURT

HOTEL & LEISURE CENTRE

CLASS TIMETABLE



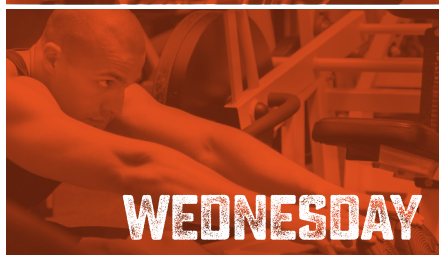
MONDAY

9.30am - 10.30am	Boxercise
6.15pm - 7.30pm	Yoga-lates Course/Drop In
6.30pm - 7.30pm	Spin & Tone
8.00pm - 8.45pm	Aquarobics Pre-Book
8.00pm - 9.00pm	Carrie's Cardio & Conditioning
9.30pm - 10.30 pm	Tri-Pool Training Course



TUESDAY

6.30am - 7.30am	Sunrise Spin
9.30am - 10.30am	Spin and Tone
9.45am - 10.45am	Yoga Course/Drop In
2.45pm - 6.00pm	Sinead Sheppard School of Dance
6.30pm - 7.30pm	Pilates (beginners) Course
7.30pm - 8.30pm	Fat Burner Pre-Book
8.30pm - 9.30pm	BodyShock



WEDNESDAY

9.45am - 10.30am	Aquarobics Pre-Book
10.00am - 11.30am	Vinyasa Yoga Course/Drop In
10.00am - 10.45am	Over 55's Spin
3.00pm-3.45pm	Molly's Mini Movers Course
6.00pm - 7pm	Pilates (level 1&2) Course
6.30pm - 7.30pm	Spinning
7.00pm - 8pm	Carrie's Cardio & Conditioning
7.45pm - 8.30pm	Begin to Spin Course



THURSDAY

6.30am - 7.30am	Sunrise Spin
9.30am - 10.30am	Spin & Tone
9.30am - 10.30am	Pilates (Beginners & Improvers) Course
5.15pm - 6.15pm	Kidz Kickboxing (6yrs +)
6.30pm - 7.45pm	Yoga Course/Drop In
6.30pm - 7.30pm	Spinning
8.00pm - 9.00pm	Adult/Teen Kickboxing



FRIDAY

9.30am - 10.30am	Spinning
11.00am - 12.00pm	Senior Aqua Course
2.45pm - 3.45pm	Monforts Junior Musical Theatre (4-6yrs)
3.45pm - 4.45pm	Monforts Primary Musical Theatre (7-9 Yrs)
4.45pm - 5.45pm	Monforts Primary Musical Theatre (10-12 Yrs)
6.00pm - 7.00pm	Rising Sun Karate Kids
7.00pm - 8.00pm	Rising Sun Karate Adults



SATURDAY

7.45am - 8.30am	Gym Circuits
9.30am - 10.30am	Spinning
9.45am - 12.30pm	Crux Dance Company



SUNDAY

9.30am - 10.30am	Spinning
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Our Classes can be booked through the Mindbody app.

Carrigaline Court Hotel & Leisure Centre, Carrigaline Co. Cork.

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