



## FITNESS CLASS TIMETABLE

# SUMMER 2010

JULY 5<sup>TH</sup> TO SEPTEMBER 5<sup>TH</sup>

Monday	Class	Location	Level
07.10 – 08.10	Total Tone <u>A</u>	Dance Studio	A
09.30 – 10.20	Aqua Antics	Pool	G
13.10 - 14.00	Spinergize ( <i>Free*</i> )	Multi Purpose	G
18.00 – 18.50	Endurance Spin	Multi Purpose	G
18.00-19.00	Hatha Yoga	Dance Studio	G
19.10 - 20.00	Power Core Ball	Dance Studio	A
20.10 - 21.00	Step It Out	Dance Studio	G
<b>Tuesday</b>			
07.10 - 08.10	Sunrise Spin	Multi Purpose	G
13.10 - 14.00	Spin Peaks ( <i>Free*</i> )	Multi Purpose	A
18.10 - 19.00	Total Tone G	Dance Studio	G
19.10 - 20.00	Aqua Attack	Pool	G
19.10 – 20.00	Step 'n Tone	Dance Studio	G
20.10 – 21.00	Spin Peaks	Multi Purpose	A
<b>Wednesday</b>			
07.10 – 08.10	Total Tone	Dance Studio	G
09.30 – 10.20	Aqua Antics	Pool	G
10.00 – 10.50	Step 'n Tone	Multi Purpose	G
13.10 – 14.00	Essential Spin( <i>Free*</i> )	Multi Purpose	G
18.10 - 18.50	Begin to Spin	Multi Purpose	B
19.00 - 19.50	Hatha Yoga	Hospitality Suite	G
19.00 - 19.50	Endurance Spin	Multi Purpose	G
20.10- 21.00	BootCamp Circuit	Dance Studio	G
<b>Thursday</b>			
07.10 - 08.10	Sunrise Spin	Multi Purpose	G
10.00-10.30	Express Circuits	Circuit Gym	G
13.10 - 14.00	Spin Peaks ( <i>Free*</i> )	Multi Purpose	A
18.10 - 19.00	HIT	Dance Studio	G
19.10 - 20.00	Total Tone	Dance Studio	G
19.10 – 20.00	Begin to Spin	Multi Purpose	G
20.10 – 21.00	Interval Spin	Multi Purpose	G
<b>Friday</b>			
10.00 - 11.00	Total Tone	Dance Studio	G
18.30 - 19.30	Last chance Spin	Multi Purpose	G
<b>Saturday</b>			
10.00 - 11.00	Step it out	Dance Studio	G
11.00 - 11.50	HIT	Dance Studio	G
<b>Sunday</b>			
10.10-11.10	Sunday Spin	Multi Purpose	G



### Prices:

<b>Members:</b>	<b>€4</b>
<b>UCC Students</b>	<b>FREE</b>
<b>Non Member/ Pay &amp; Play</b>	<b>€8</b>



### Class Levels:

**G:** General, class is suited for all fitness levels  
**B:** Class is suited for beginners  
**A:** Class is suited for advanced fitness levels.  
 Beginners will not be allowed entrance into Advanced classes.

### \* Free:

These classes are free for Members and €8 for Non Member/ Pay & Play Members



### Terms & Conditions

Space is limited in all classes. Bookings are open one hour before the class starts. Classes fill on a first come first served basis.

Management reserve the right to:  
 -change/alter/cancel classes  
 -refuse admission