

FITNESS CLASSES

JANUARY 2020

Back to Routine

MONDAY

6.35am – 7.15am

Spinning

8.30am – 9.10am

Aqua

9.30am – 10.15am

Bums & Tums

6.15pm – 7.00pm

Aerobics

7.15pm – 8.00pm

Fitness Pilates

TUESDAY

9.30am – 10.15am

Kettlebells and suspend.

11.00am – 12.00pm

Yoga (Free Lance instructor)

6.30pm – 7.15pm

Spinning

7.30pm – 8.10pm

Body Pump

WEDNESDAY

6.45am – 7.30am

Circuit Training

8.30am – 9.10am

Aqua

9.30am – 10.15am

Total Body Workout

6.00pm – 7.00pm

Cardio Infusion

7.15pm – 8.00pm

Kettlebells and Suspend

THURSDAY

9.30am – 10.30am

Spin and Core

6.00pm – 7.00pm

Spin and HIT

FRIDAY

9.15am – 10.00am

Yoga (Free-Lance Instructor)

10.15am – 11.00am

Aqua

SATURDAY

11.00am – 12.00noon

Spinning

SUNDAY

11.00am – 12.00noon

Jungle Gym

Instructors may vary

Classes may change without notice

Minimum of three persons for class to go ahead

You must inform the class Instructor of any illness or injury that you may have.

Yoga Payments are Members €5 - PAYG- €8

Terms + Conditions Apply.

061 328869



www.greenhillgroup.com

leisurecentre@greenhillgroup.com