

Leisure Club Classes

March 2017*

May be subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am – 9:00am						
9:00am – 10:00am	Hydro Spin					Kids Swim Lesson
10:00am – 11:00am	Parent and Toddler	Circuit Training	Hydro Spin	Circuit Training	School Swim	Kids Swim Lesson Parent and Toddler
11:00am – 12:00pm	Parent and Toddler	Aqua Aerobics			Aqua Aerobics 11:30am – 12:30pm	Kids Swim Lesson Parent and Toddler
12:00pm – 1:30pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
1:30pm – 3:00pm			School Swim	School Swim		
3:00pm – 4:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
4:00pm – 5:00pm		School Swim		School Swim		
5:00pm – 7:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
7:00pm – 8:00pm	Hydro Spin		Hydro Spin		Hydro Spin	
8:00pm – 9:00pm	Adult Swim		Hydro Spin	Aqua Aerobics		

Call us now 066 9150222 or email joconnor@dingleskellig.com