



## Leisure Club Classes

**October 2018**

May be subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:00am	Hydro Spin					Kids Swim Lessons
10:00am – 11:00am	Parent and Toddler	Circuit Training		Circuit Training	School Swim 10-11pm	Kids Swim Lessons Parent and Toddler
11:00am – 12:00pm	Parent and Toddler	Aqua Aerobics	11.30am-12.15pm Aqua Aerobics		School Swim 11-12pm	Parent and Toddler
12:00pm – 1:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
1:00pm – 3:00pm	School Swim 1:30pm-2:30pm	School Swim 1:30pm-2:30pm	School Swim 1pm-3pm	School Swim 1.30pm-3pm		
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
7:15pm – 8:00pm	Hydro Spin	Hydro Spin	Hydro Spin			
8:00pm – 9:00pm						

Call us now 066 9150222 or email [joconnor@dingleskellig.com](mailto:joconnor@dingleskellig.com)