



DINGLE SKELLIG

HOTEL

★★★★

PENINSULA SPA

- SPRING CLASS TIMETABLE 2019 -

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		School Swim 10am-11am	Circuit Training 10am-11am	Kids Swim Lessons Parent and Toddler
11:00am – 12:00pm	Parent and Toddler	Aqua Aerobics	Aqua Aerobics			Parent and Toddler
12:00pm – 1:00pm	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	School Swim 1.30pm-2.30pm	
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	Yoga 7pm-8:15pm		
8:00pm – 9:00pm						



MAY BE SUBJECT TO CHANGE



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